PLAN A NIGHT SHIFT SCHEDULE WITH FATIGUE SCIENCE IN MIND

1

10 hour shifts increase the likelihood of a fatigue-related incident by 13%

2

12 hour shifts increase the likelihood of a fatigue-related incident by 27%

3

For safety sake, great effort should be made to keep night shift duration to a max of 8 hours

4

1-2 consecutive 8 hour night shifts should be followed by at least 2 nights of recovery sleep

FatigueManagersNetwork.org

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SOURCE:

Wong, I., Popkin, S., & Folkard, S. (2019). Working Time Society consensus statements: A multi-level approach to managing occupational sleep-related fatigue. Industrial Health, 57, 228-244.