

# 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

# PLANNING A NIGHT SHIFT SCHEDULE WITH FATIGUE SCIENCE IN MIND

## 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.