

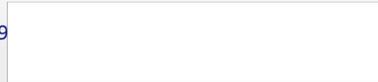
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Performance and alertness on 8 h and 12 h rotating shifts at a natural gas utility

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Abstract

An 8 h/5-7 day shift schedule was compared with a newly instituted 12 h/2-4 day schedule in this, our second worksite study of extended workshifts. Workers completed a performance/alertness test battery, and a questionnaire on sleep patterns and other personal habits, 2-4 times a week on all shifts. After 10 months adaptation to the 12 h shift schedule, there were decrements in performance/alertness attributable to the extra 4 h on the extended shift. There were also reductions in sleep across the workweek which were most apparent on 12 h night shifts. The results are consistent with our first worksite study of 12 h shifts and indicate extra caution should be exercised when scheduling critical activities for extended workshifts, especially extended night shifts.

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