



Goals: This safety session should teach employees to:

- Recognize the special hazards of shift work.
- Be aware of steps they can take to work more safely at night.

Applicable Regulations: General Duty Clause Sec. 5 (b)



1. Shift Work Creates Special Safety Hazards and Higher Accident Rates

Safety problems and accidents increase on night shifts due to:

- Fatigue
- Poor or unnatural lighting
- Boredom or monotony

2. Fatigue Is the Biggest Safety Problem for Most Shift Workers

- Working at night and sleeping during the day go against the body's natural rhythms.
 - Human body clocks are set for greatest alertness during daylight hours.
 - People who work at night often get less sleep than people who work days—and less sleep than they need.
- When you're tired, you're more likely to:
 - Make careless and dangerous mistakes with machinery and tasks that require precision
 - Miss warning signals or alarms
- Night driving is especially dangerous. There's a greater chance of nodding off at the wheel or being lulled into inattention by the monotony of the road.
 - Night driving risks are higher both for those who work as drivers and those who drive home after a night shift.

3. Poor Lighting Is Another Cause of Night Shift Safety Problems

- Trips, slips, and falls occur in poorly lit work areas, hallways, stairs, and parking lots.
- Lighting glare raises stress in work areas and causes accidents in motor vehicles.
- Dim lighting can cause sleepiness.
- Reduced exposure to sunlight can make some people depressed or irritable.

4. Create Work Area Conditions That Help You Stay Awake

- Provide good ventilation; it helps prevent sleepiness.
- Make sure there's adequate lighting in all walking areas and around equipment.
- Shade lights if necessary to prevent glare.
- Keep the work area temperature at a comfortable level.
 - Body temperature drops at night so you may want it warmer than usual.
- Use a radio at low volume to stay alert, if it won't disturb others.
 - Variable sounds like music or talk help you stay awake.
 - Steady noise like the hum of a machine can make you sleepy.



5. Take Action If You Start to Feel Sleepy

- Get up and walk around; don't skip scheduled breaks.
- Do some light stretches.
- Splash cold water on your face and the back of your neck.
- Avoid operating heavy machinery or driving if you're really tired.

6. Train Yourself to Sleep Well During the Day

- Get enough sleep; if you require eight hours at night, you need the same during the day.
- Go to bed at the same time every day.
 - It's best to go sleep as soon as possible after returning from a night shift.
- Keep your bedroom dark and quiet.
 - Use room-darkening window shades.
 - Turn off any phones near your bedroom, if possible.
 - Ask other household members to respect your sleep time.
 - Wear ear plugs or turn on a fan, if necessary, to mask noise.
- Don't smoke or drink alcohol before you go to bed.
- Stop drinking caffeine at least four hours before you go to bed.
- Avoid eating a big meal, or rich or spicy food, before bedtime.
 - Eat three balanced, nutritious meals a day.
- Exercise regularly, but not in the two hours before going to bed.
- Consult a doctor if you have trouble sleeping.

Discussion Points:



– Ask about any problems group members have had with safety on night shifts and discuss ways to prevent them.

**Conclusion: When You Work at Night, You Must Work Harder
to Stay Alert**

Fighting your body clock can cause safety problems. Make an extra effort to get the sleep you need and prevent dangerous fatigue during night shifts.

Test Your Knowledge



Have your employees take the shift work safety quiz. By testing their knowledge, you can judge their understanding of shift work hazards and precautions and whether they need to review this important topic again soon.



Sugerencias Para Dormir Bien Por el Día y Trabajar Bien Por la Noche

Si trabaja por la noche:

- Sea consciente de los peligros del cansancio.
- Mantenga el área de trabajo bien ventilada.
- Asegúrese de que las vías peatonales y las áreas de trabajo tengan buena iluminación.
- Mantenga iluminación adecuada sin fulgor.
- Mantenga el ambiente a una temperatura agradable.
- Encienda la radio si no molesta a otros.
- Tome descansos breves con regularidad y camine.
- Estírese o mójese la cara con agua fría si tiene sueño.
- No maneje ni opere maquinaria si no puede controlar el sueño.

Si duerme durante el día:

- Duerma lo suficiente.
- Siempre acuéstese a la misma hora.
- Duerma en una habitación oscura y quieta.
- Evite hacer ejercicio, tomar alcohol, fumar, consumir cafeína y comer comidas pesadas o picantes antes de acostarse.
- Haga ejercicios con regularidad.
- Tenga una dieta de alimentos nutritivos y balanceados.



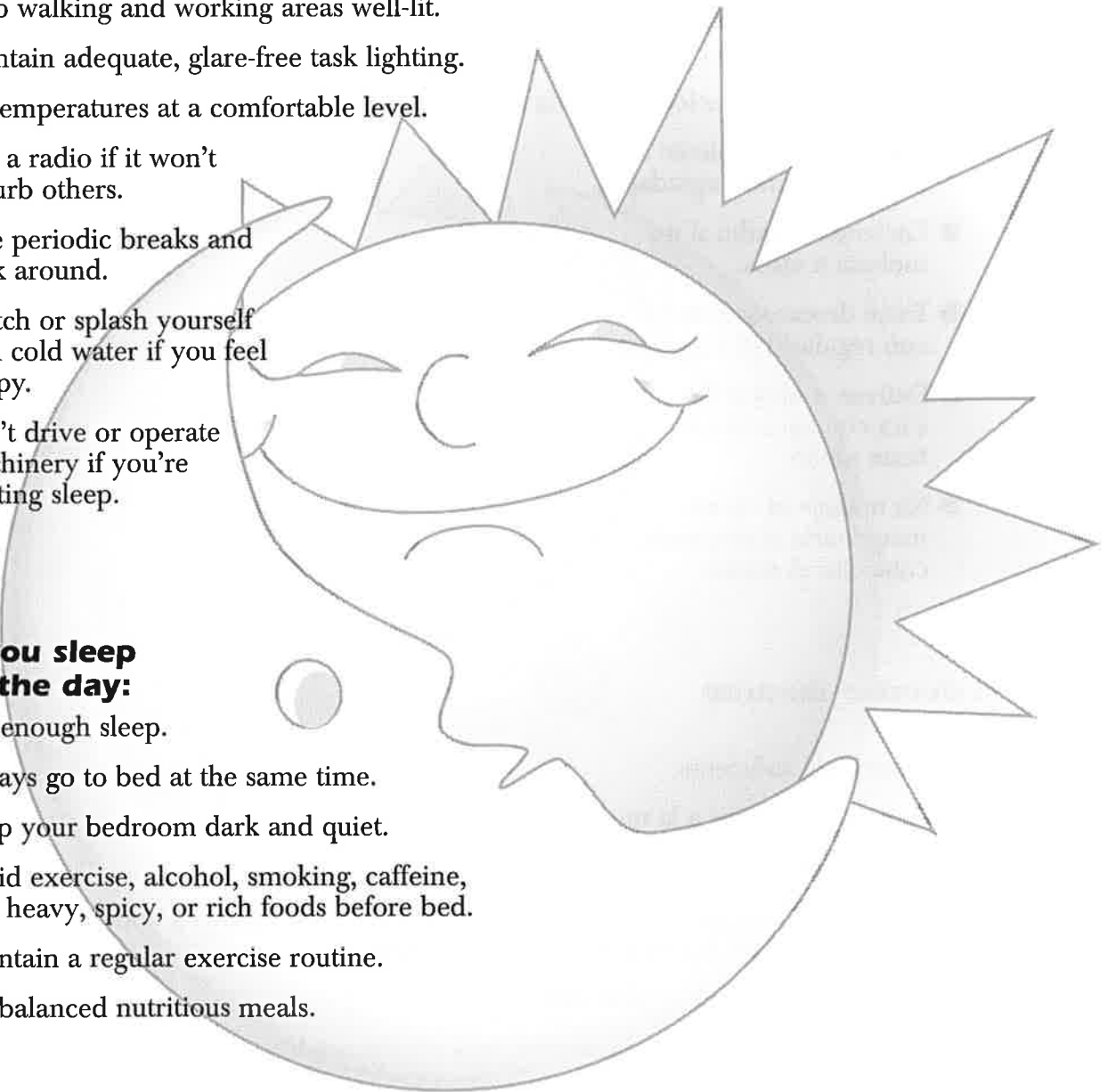
Tips for a Good Day's Sleep and A Good Night's Work

When you work at night:

- Be aware of the dangers of fatigue.
- Keep the work area well-ventilated.
- Keep walking and working areas well-lit.
- Maintain adequate, glare-free task lighting.
- Set temperatures at a comfortable level.
- Play a radio if it won't disturb others.
- Take periodic breaks and walk around.
- Stretch or splash yourself with cold water if you feel sleepy.
- Don't drive or operate machinery if you're fighting sleep.

When you sleep during the day:

- Get enough sleep.
- Always go to bed at the same time.
- Keep your bedroom dark and quiet.
- Avoid exercise, alcohol, smoking, caffeine, and heavy, spicy, or rich foods before bed.
- Maintain a regular exercise routine.
- Eat balanced nutritious meals.





CUESTIONARIO: ESTÉ ALERTA A LOS PROBLEMAS DE SEGURIDAD DEL TRABAJO EN TURNOS

- 1. El problema más grande para la gente que trabaja de noche es:**
 - a. Hambre
 - b. Fatiga
 - c. Perderse programas de TV
- 2. El cuerpo humano puede descansar tan naturalmente durante el día como durante la noche.**
 - a. Verdadero
 - b. Falso
- 3. Una de las tareas más propensas a accidentes nocturnos es:**
 - a. Manejar
 - b. Operar computadoras
 - c. Mantenimiento
- 4. La mala iluminación es un problema de seguridad por la noche porque puede producir somnolencia, resbalones, tropiezos, y caídas.**
 - a. Verdadero
 - b. Falso
- 5. La buena ventilación en el área de trabajo evitará que sienta sueño.**
 - a. Verdadero
 - b. Falso
- 6. A la noche conviene tener una temperatura más caliente en el área de trabajo porque:**
 - a. La temperatura corporal sube en la noche
 - b. La temperatura corporal baja en la noche
 - c. La temperatura exterior baja en la noche
- 7. Si se siente soñoliento durante el turno noche, puede:**
 - a. Dormir una siesta corta
 - b. Disminuir la intensidad de las luces
 - c. Mojarse la cara y cuello con agua fría
- 8. Caminar y estirarse le ayudará a mantenerse despierto en el turno noche.**
 - a. Verdadero
 - b. Falso
- 9. La habitación en la que duerma durante el día debe ser:**
 - a. Bien iluminada
 - b. Pequeña
 - c. Oscura y silenciosa
- 10. Dormirá mejor durante el día si come mucho y toma una bebida alcohólica antes de acostarse.**
 - a. Verdadero
 - b. Falso

Cuando usted termine éste examen, entréguelo a su supervisor.

Nombre _____

Fecha _____



RESPUESTAS

1. b. Fatiga.
2. b. Falso. El “reloj interno” del cuerpo aminora y piensa que dormirá de noche.
3. a. Manejar.
4. a. Verdadero.
5. a. Verdadero.
6. b. La temperatura corporal baja en la noche.
7. c. Mojarse la cara y cuello con agua fría.
8. a. Verdadero.
9. c. Oscura y silenciosa.
10. b. Falso. Coma una comida ligera o un refrigerio y evite el alcohol.



SHIFT WORK SAFETY QUIZ

- 1. The biggest problem for people who work at night is:**
 - a. Hunger
 - b. Fatigue
 - c. Missing TV shows
- 2. The human body finds day sleep just as natural as night sleep.**
 - a. True
 - b. False
- 3. One of the tasks most prone to accidents at night is:**
 - a. Driving
 - b. Computer operation
 - c. Maintenance
- 4. Poor lighting is a safety problem at night because it can lead to drowsiness and slips, trips, and falls.**
 - a. True
 - b. False
- 5. Good ventilation in the work area helps keep you from getting sleepy.**
 - a. True
 - b. False
- 6. You may prefer a warmer work area temperature at night because:**
 - a. Body temperature rises at night
 - b. Body temperature falls at night
 - c. Outdoor temperatures fall at night
- 7. One thing to do if you start to feel sleepy on a night shift is to:**
 - a. Take a cat nap
 - b. Turn down the lights
 - c. Splash cold water on your face and neck
- 8. Walking around and stretching can help you stay awake on a night shift.**
 - a. True
 - b. False
- 9. The room you sleep in during the day should be:**
 - a. Bright
 - b. Small
 - c. Dark and quiet
- 10. You'll sleep better during the day if you have a big meal and an alcoholic drink before bed.**
 - a. True
 - b. False

When you have completed this quiz, turn it in to your supervisor.

Name: _____

Date: _____



ANSWERS TO SHIFT WORK SAFETY QUIZ

- 1.** b. Fatigue.
- 2.** b. False. The body's "clock" slows and expects to sleep at night.
- 3.** a. Driving.
- 4.** a. True.
- 5.** a. True.
- 6.** b. Body temperature falls at night.
- 7.** c. Splash cold water on your face and neck.
- 8.** a. True.
- 9.** c. Dark and quiet.
- 10.** b. False. Eat only a light meal or snack, with no alcohol.