

TOOLBOX TALKS

General Health & Safety

Hazards Created by Shift Work on the Job

Not only are there hazards to your health due to shift work, but there are also hazards in the workplace for individuals on these shifts. Some of the hazards created by shift work are:

- Inability to focus- less focus can lead to mistakes and thus injuries occurring on the job.
- Fatigue is a major issue in the workplace for workers who work regular hours. Those working shift work are put at even higher risks for fatigue related incidents.
- In some industries, there can be an increase likelihood of workplace violence at night (i.e. robberies).
- Increased stress levels due to not seeing family or health issues can lead to decreased job performance

We all have to make a living and provide for our families, but if you have to do shift work it is important to understand the hazards. There are steps you can take to combat some of the negative effects of shift work. One step is to try to keep on the same shift and maintain the same sleep/awake cycle. Another step is to eat right and drink plenty of water to aid your body in its physiological processes. Talk with a doctor or sleep specialist to discuss other options to limit the negative effects of shift work.

Discussion:

How can we reduce the risk?

DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature