

BEST

MANAGEMENT BY SAFETY TRAINING & CONSULTING LTD.



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BEST Safety Training & Consulting

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Shift Workers are at Risk

Shift work has negative impacts on the health, safety, and wellness of workers.

Employers can Lessen the Impact

1. Increased safety measures
2. Work scheduling and consistency
3. EAP, wellness programing, and employer support
4. Sleep hygiene education
5. Listen to staff concerns

Need Help?

[Contact us today.](#)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Review your shift work schedule for consistency. Done <input type="checkbox"/>	2 Review and increase safety on nights. Done <input type="checkbox"/>	3
4	5 Create an inviting and restful break space. Done <input type="checkbox"/>	6 Encourage night workers to take frequent breaks. Done <input type="checkbox"/>	7 Tell shift workers about the EAP. Done <input type="checkbox"/>	8 Read the study on caffeine and night shift. Done <input type="checkbox"/>	9 Take Fatigue Management online today. Done <input type="checkbox"/>	10
11	12 Learn how night shift impacts circadian rhythm. Done <input type="checkbox"/>	13 Review this 2010 NCBI study. Done <input type="checkbox"/>	14 Ask shift workers how they're doing. Done <input type="checkbox"/>	15 Complete Fatigue Awareness Training online. Done <input type="checkbox"/>	16 Need help? Contact BEST Safety Training. Done <input type="checkbox"/>	17
18	19 Check out these sleep hygiene tips! Done <input type="checkbox"/>	20 Encourage shift workers to try sleep hygiene. Done <input type="checkbox"/>	21 Learn about mental wellness at work. Done <input type="checkbox"/>	22 Stock the break room with some free coffee! Done <input type="checkbox"/>	23 Learn about how shift work may cause cancer. Done <input type="checkbox"/>	24
25	26 Book training early to avoid disappointment. Done <input type="checkbox"/>	27 Discuss possible risks on nights with the JHSC. Done <input type="checkbox"/>	28 Discuss possible hazard controls with the JHSC. Done <input type="checkbox"/>	29 Check out our online course catalogue. Done <input type="checkbox"/>	30 Get Monthly tips: Sign up for our Newsletter. Done <input type="checkbox"/>	