

Preparing for Night Shifts

Steps to fight fatigue

1. **Start going to bed and waking earlier** - Do this a couple weeks in advance of changing over to the night shift. Try doing it in 30-minute increments.
2. **Prepare your sleep environment** - Make your room dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
3. **Consistent Routine** - Once on the night shift keep your routine consistent even on days off.
4. **Strategic Caffeine Use** - Have one cup of coffee in the morning (the beginning of your day) then have another of coffee or caffeinated beverage after lunch aka the mid day slump.
5. **Take a Nap** - If the chance presents itself while on duty take a 20-minute nap but no more than 20 minutes or you will find yourself more tired.
6. **Physical Activity** - During your shift get up and walk around or try doing jumping jacks to beat the fatigue.
7. **Bright Light** - Getting exposure to bright light can help make your body more alert. Spend a few extra minutes in the scale shack to keep yourself alert.
8. **Prioritize Sleep** - Get as much sleep as you can, ideally eight hours.



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