

SHIFT WORK SAFETY

Shift work is very common in wood products manufacturing. Shift work can include evening, night, and early morning shifts, as well as fixed or rotating schedules. People who work nights, early mornings, or rotational shifts are at higher risk of fatigue and other sleep problems due to disruptions in circadian rhythms which manage sleep-wake cycles. Fatigue and sleep problems can:

- Make it hard to concentrate, which increases the likelihood of mistakes and accidents.
- Affect your attitude and temper.

The body is built with an internal clock that directs our active and rest time. It takes time to get the body adjusted to a different time schedule. Rotating through different shifts or switching back and forth between day and night shifts can make it a lot tougher to acclimatise to new sleep patterns.

Fortunately, there are things you can do to help you stay alert at night and help you sleep the next day.

- KNOW THE RISKS
- UNDERSTAND SLEEP HEALTH
- HEALTH DIET AND EXERCISE
- TIPS FOR DRIVING HOME



BC Forest Safety

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Risks and Consequences of Shift Work

- Blood sugar imbalance and diabetes
- Inhibited mental performance
- Increased risk of injury & accidents
- Hormone imbalance
- Weight gain
- Digestive disorders
- Depression
- Anxiety
- Chronic fatigue

Sleep Health

- Make it a priority to get plenty of undisturbed sleep.
- Make sure your family is aware of how important sleep is so they can rearrange their schedules or limit certain activities while you sleep.
- Keep the bedroom dark and quiet. Wear earplugs or a sleep mask.
- Turn off the phone and disengage the doorbell.
- Avoid sleeping aids as they can leave you feeling drowsy after you wake up and they affect normal sleep.

Health, Diet and Exercise

- Avoid eating heavy meals before going to bed as digestion can keep you awake.
- Ensure that you eat in moderation (at set times if possible).
- Avoid fatty, fast food.
- Drink plenty of water during your workday.
- Avoid alcohol before bed as it prevents you from entering a deep sleep.
- Avoid caffeine within four hours of going to bed.
- Stay physically fit to help you fight off stress illness and give you energy.

Tips for Driving Home

- Consider car pooling with other shift workers so you can keep each other awake.
- Keep the temperature cool inside the car and listen to lively music to help you stay alert.
- Be self-aware. If you start to nod off, immediately pull over in a safe location and take a short nap. Trying to fight drowsiness can lead to a fatal mistake not just for yourself but others on the road as well.

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