

Managing a Shiftwork Lifestyle

It is a staggering fact that even after 20 years on the job, most shiftworkers do not know how to adjust their lifestyle to minimize the negative effects of working around the clock. As a result, their job performance, safety, health and family life suffers, and your profits and productivity fall.

How do you know when your workers are having problems? Common signs of shiftworkers who need help include:

- Fatigue and irritability
- Low morale and negative attitudes
- Nodding off on the job
- Falling asleep while commuting
- High absenteeism and turnover
- Excessive coffee consumption
- Obesity, and health problems
- Unexplained accidents/safety problems
- Poor job performance

These problems are avoidable, but only when the people working the shifts have a chance to learn how to better cope with the special demands of their work schedule.

If your employees work rotating or night shifts, they face unique challenges - challenges you can help them overcome - with special training

Call today to discover what **CIRCADIAN** can do for your operation 1-800-284-5001 or email info@circadian.com

The **Managing a Shiftwork Lifestyle** program provides this critical information in the form of practical, ready-to-use advice and examples. You'll not only help your shiftworkers improve their sleep, diet, health and safety; you'll also help improve your company's bottom line!

Invite Spouses/Partners and Reap a Double Benefit!

Many companies now host evening or weekend sessions so that spouses or significant others can attend. A company-hosted event can turn the training session into a special employee appreciation event, filled with interesting and useful information:

- Spouses/partners learn how to help the shiftworker adjust to rotating schedules and/or night shifts.
- Spouses/partners' attitudes toward the job and company improve, boosting employee morale.
- Couples learn that others are dealing with similar problems, and find it valuable to share solutions.

Negative family attitudes can strongly influence a shiftworker's job satisfaction and productivity. This program promotes spouse/partner and family appreciation of shiftwork problems and teaches problem-solving skills and techniques for improving family communication.

Learn More About Bringing CIRCADIAN's Managing a Shiftwork Lifestyle Training to Your Facility...

Let us bring the benefits of shiftworker lifestyle training to your operation.



5 Reasons why Managing a Shiftwork Lifestyle Training benefits your shiftworkers... and your bottom line!

#1 Improve performance, reduce errors and prevent workplace injuries.

Employees learn how to anticipate vulnerable periods, and learn about some simple steps to improve alertness and safety. They learn what happens to their bodies on shiftwork, how circadian rhythms affect safety and performance, and when accidents are most likely to happen.

#2 Help both newly-hired shiftworkers and experienced employees avoid more shiftwork pitfalls.

Most shiftworkers learn the do's and don'ts of shiftwork the hard way: by trial and error. CIRCADIAN helps shiftworkers avoid the errors by answering such questions as:

- What are the secrets to achieving quality sleep during the day time?
- How do I best schedule my sleep and meal times?
- How do I adjust to a night time schedule, and then switch back to days?
- How can I help my family understand my work schedule and my special needs?

#3 Improve shiftworker health.

Did you know that peptic ulcers are about twice as common among shiftworkers? Our constantly updated, research-based program presents the facts concerning links between shiftwork and gastrointestinal disorders, cardiovascular disease, and other health problems.

Workers learn about nutritional practices specific to shiftwork such as good times to eat certain foods, night-time meal strategies and the effects of coffee and alcohol use – important steps towards reducing absenteeism, turnover and related costs.

#4 Reduce nodding off on the night shift and the drive home.

Many managers don't know the extent of it, but falling asleep on the job is common, with 80% of shiftworkers admitting to it in confidential surveys. Workers are trained on how to sleep better and longer between shifts. They'll nod off less on shift, drive home with greater safety, and be more productive and alert on the job, especially at night.

#5 Build employee morale.

This program, which involves a great deal of employee participation, is fun and informative. Training sessions can be scheduled as part of regular on-the-job training activities or as a special company event at a meeting facility or local restaurant.

Programs are custom tailored to your interests and may vary in length from two to four hours. This can be a real morale-building event. Not only do employees learn about the biological aspects of shiftwork – usually for the first time - but they also learn how to use that information to take control of their lives. The benefits are realized by the shiftworkers, their families and their employers.

The proper lifestyle training helps you . . .
Increase performance, Improve health, Improve safety
Improve quality of life, Decrease absenteeism