WORK SCHEDULES: SHIFT WORK AND LONG WORK HOURS

According to 2004 data from the Bureau of Labor Statistics, almost 15 million Americans work full time on evening shift, night shift, rotating shifts, or other employer arranged irregular schedules. The International Labour Office in 2003 reports that working hours in the United States exceed Japan and most of western Europe. Both shift work and long work hours have been associated with health and safety risks. This page provides links to NIOSH publications and other resources that address demanding work schedules.

NIOSHTIC-2 Search

NIOSHTIC-2 ([http://www2a.cdc.gov/nioshtic-2/](http://www2a.cdc.gov/nioshtic-2/)) is a searchable bibliographic database of occupational safety and health publications, documents, grant reports, and journal articles supported in whole or in part by NIOSH.

NIOSHTIC-2 search results on work schedules ([http://www2a.cdc.gov/nioshtic-2/BuildQyr.asp?si=%22shift+work%22+or+shiftwork+or+overtime+or+%22work+schedule%22+or+%22work+interval%22+or+%22long+work+hours%22+or+%22extended+work+shift%22+or+%22extended+work+hours%22+or+%22circadian+rhythms%22&f1=*&t1=&Adv=0&terms=1&Startyear=&EndYear=&Limit=10000&D1=10&sort=&PageNo=1&View=b&n=new](http://www2a.cdc.gov/nioshtic-2/BuildQyr.asp?si=%22shift+work%22+or+shiftwork+or+overtime+or+%22work+schedule%22+or+%22work+interval%22+or+%22long+work+hours%22+or+%22extended+work+shift%22+or+%22extended+work+hours%22+or+%22circadian+rhythms%22&f1=*&t1=&Adv=0&terms=1&Startyear=&EndYear=&Limit=10000&D1=10&sort=&PageNo=1&View=b&n=new))

NIOSH Publications and Guidance

NIOSH Interim Guidance for Protecting Deepwater Horizon Response Workers - Fatigue Prevention ([http://www.cdc.gov/niosh/topics/oilspillresponse/protecting/general.html#fatigue](http://www.cdc.gov/niosh/topics/oilspillresponse/protecting/general.html#fatigue))


DHHS (NIOSH) Publication No. 2004-143

Presents a review of the methods and findings from 52 studies that examined the relationship between long work hours and selected health outcomes. Also provides recommendations on issues and priorities to consider in future research.


Information on this study can be found in the following journal articles in the New England Journal of Medicine:


DHHS (NIOSH) Publication No. 2004-136


DHHS (NIOSH) Publication No. 2004-137

Companion fact sheets provide information that employers and others can use for assessing risks for motor vehicle injuries and deaths in their work settings, and for taking effective steps to reduce those risks.


DHHS (NIOSH) Publication No. 2003-119

Provides a comprehensive view of issues impacting the prevention of work-related roadway crashes, identifies the groups of workers at greatest risk of traffic crashes, summarizes key issues that contribute to work-related roadway crashes, and recommends preventive measures for employers and other stakeholders.

Plain Language About Shiftwork ([http://www.cdc.gov/niosh/pdfs/97-145.pdf](http://www.cdc.gov/niosh/pdfs/97-145.pdf) [PDF - 572KB])

DHHS (NIOSH) Publication No. 1997-145

Provides basic facts about shiftwork and talks about ways to make shiftwork life easier. The document is an educational document for the general public.

Conferences

[http://www.cdc.gov/niosh/topics/work schedules/](http://www.cdc.gov/niosh/topics/work schedules/)
20th International Symposium on Shiftwork and Working Time - Biological mechanisms and risk management in the 24h society
June 28 – July 1, 2011
Stockholm • Sweden

www.stressresearch.se (http://www.stressresearch.se/)

The International Symposium on Shiftwork and Working Times is a biannual event. This symposium has a tradition of more than 30 years in providing up-to-date information on night shiftwork, as well as new trends in working time organization. The Symposium is organized by members of the Working Time Society, and of the Scientific Committee on Shiftwork and Working Time of the International Commission on Occupational Health (ICOH). The 20th International Symposium on Shiftwork and Working Time (http://www.shiftwork2011.se) is organized by the Stress Research Institute, Stockholm University, Stockholm, Sweden.

Past NIOSH-Sponsored Events
Long Working Hours, Safety, And Health: Toward A National Research Agenda (http://nursing.umaryland.edu/events/archives/longworkhours/index.html)
April 29 - 30, 2004, University of Maryland, Baltimore, Maryland
Using a multi-disciplinary approach, this conference explored the sociological, economic, and health dimensions of long work hours.

- Extended Abstracts from Conference Presentations:
  - Filling the Workware Warehouse: What to Store with Regard to Long Work Hours (abstracts/press.html)
  - Industry Trends, Costs and Management of Long Working Hours (abstracts/dawson.html)
  - Modelling the Impact of the Components of Long Work Hours on Injuries and Accidents (abstracts/folkard.html)
  - Organized Labor’s Response to Long Work Hours (abstracts/kojola.html)
  - Overtime, Occupational Stress, and Related Health Outcomes: A Labor Perspective (abstracts/legrande.html)
  - Work Hours as a Predictor of Stress Outcomes (abstracts/barnett.html)
  - Working in a 24/7 Economy: Challenges for American Families (abstracts/presser.html)

- Conference Papers

Some Strategies Suggested for Coping with Shift Work


Alertness Management Strategies for Operational Contexts


How to trick Mother Nature into letting you fly around or stay up all night (http://www2a.cdc.gov/nioshtic-2/BuildQyr.asp?st=20028904+&f1=*&Adv=0&terms=1&View=e&n=new&Startyear=&EndYear=&Limit=10000&sort=&D1=10)

Preventive and compensatory measures for shift workers
Some Educational Resources For Workers Available on Other Web Sites

- National Sleep Foundation [http://www.sleepfoundation.org]
  - Shift work and sleep [http://www.sleepfoundation.org/article/sleep-topics/shift-work-and-sleep]
  - Healthy sleep tips [http://www.sleepfoundation.org/article/sleep-topics/healthy-sleep-tips]
  - Sleep drive and your body clock [http://www.sleepfoundation.org/article/sleep-topics/sleep-drive-and-your-body-clock]

- National Institute of Health, National Heart, Blood, and Lung Institute


NORA Organization of Work Research Priority Area

The goal of the NORA Organization of Work Team [http://www.cdc.gov/niosh/programs/workorg/] is to define and implement a national occupational research agenda for the next decade. Organization of work refers to management and supervisory practices and production processes, and to their influence on the way jobs are designed and performed in the workplace. Organization of work includes the design of work schedules. A NORA Long Work Hours Subteam was formed to address overtime and extended work shifts issues.

Other Resources

- CDC: Sleep and Sleep Disorders [http://www.cdc.gov/sleep/]
- Agency for Healthcare Research and Quality [http://www.ahrq.gov/]
- Sleep Research Society [http://www.sleepresearchsociety.org]
- Society for Light Treatment and Biological Rhythms [http://www.sltbr.org/]
- Society for Research on Biological Rhythms [http://www.srbr.org/]
- Working Time Society [http://www.workingtime.org/]

Extramural Research Projects

Search for extramural government funded studies examining work schedules:

  - Suggested search terms: hour, research, occupational, work
  - Global logic field: select "and"
  - Expansion logic field: select "stem"
  - Institutes and Centers field: select ALL

- More information may also be found at the NIOSH Office of Extramural Programs Web site [http://www.cdc.gov/niosh/oep/]