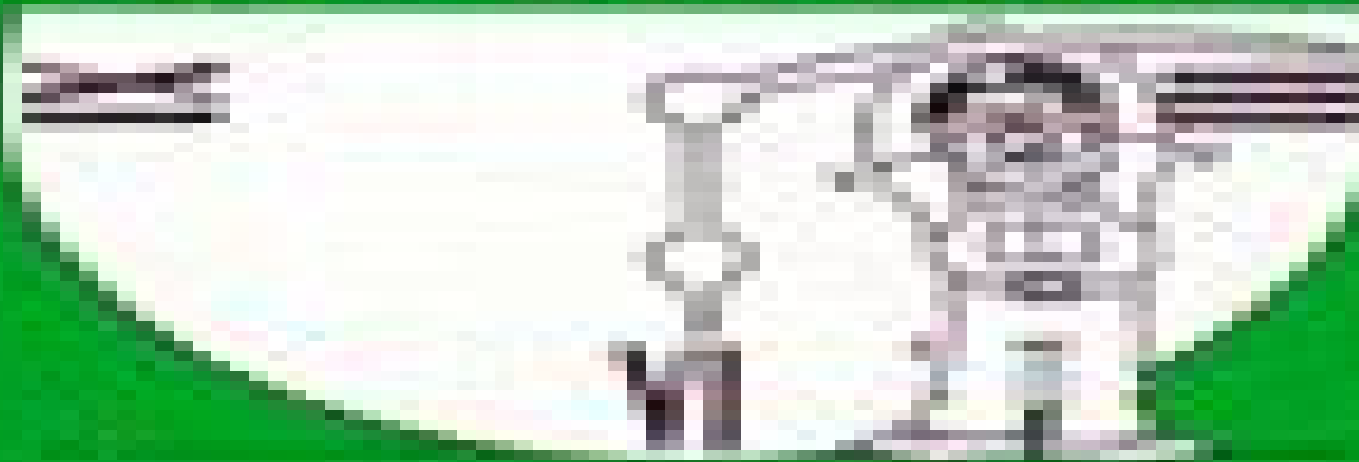


MAKING SHIFTWORK TOLERABLE



Timothy H. Monk
and Samson Folkard

Making Shiftwork Tolerable

Gregg M. Stave, Peter H. Wald



Making Shiftwork Tolerable:

Making Shiftwork Tolerable T H Monk,S. Folkard,1992-06-16 This text guides the reader through the many forms of shiftwork adopting a broad definition as being any regularly taken employment outside the day working window 06 00 to 18 00 The experiences of shiftworkers are described along with those

Making Shiftwork Tolerable Timothy H. Monk,Simon Folkard,2024-11-01 This text guides the reader through the many forms of shiftwork adopting a broad definition as being any regularly taken employment outside the day working window 06 00 to 18 00 This excellent guide introduces the many and varied forms of shiftwork adopting from the outset a broad definition of the term to embrace any regularly taken employment outside the day working window The authors both internationally recognised experts in the field describe in jargon free language the diverse experiences of shift workers and identify the problems associated with abnormal hours As shiftwork becomes more prevalent prompted by economic considerations of employers in both traditional manufacturing and more recently in the service sector new shiftwork patterns are being introduced The authors acknowledge the problems inherent in studying shiftwork reviewing three classes of study field survey and laboratory simulation and discuss the role of national culture in determining and limiting the applicability of generic results Topics covered include human biological economic social and domestic influences stress strain and shiftwork health and safety shiftwork and task performance

Plain Language About Shiftwork, July 1997 ,1997 [Plain Language about Shiftwork](#) Roger Rudolph Rosa,1997

Handbook of Occupational Safety and Health Danuta Koradecka,2010-05-04 Using an interdisciplinary approach this book presents a wide range of methods and specific criteria for assessing hazard and exposure in the workplace environment offering ways to reduce these hazards This text provides coverage of basic risk factors law based protection of labor shaping conditions of occupational safety and ergonomics psychophysical capabilities of humans in the working environment and more

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The Nurse's Shift Work Handbook Ruth R. Alward,Timothy H. Monk,1993 **Impact of Shiftwork and Overtime on Air Traffic Controllers** ,1996 **Physical and Biological Hazards of the Workplace** Gregg M. Stave,Peter H. Wald,2016-11-14 Completely updated version this classic reference covers both physical hazards and biological agents Provides updated information on protecting workers from proven and possible health risks from manual material handling extremes of temperature and pressure ionizing and non ionizing magnetic fields radiation shiftwork and

more Details major changes in our understanding of biological hazards including Ebola Chikungunya Zika HIV Hepatitis C Lyme disease MERS CoV TB and much more All infectious diseases have been updated from an occupational health perspective Includes practical guidance on to how to set up medical surveillance for hazards and suggests preventive measures that can be used to reduce occupational diseases

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Participation and Prevention Hans Jeppesen, 2006 The aim of this anthology is to present the importance of employee participation for the employees themselves in terms of their individual development and working life as well as for the function and innovation of work organizations while at the same time focusing on different aspects and dimensions of work organizations psychology theory and research

The Praeger Handbook on Stress and Coping Alan Monat, Richard S. Lazarus, Gretchen Reevy, 2007 Offers the best classic and current writing and research on stress and coping including top scholars and celebrities among the contributors

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Principles of Security Management Brian R. Johnson, 2005 This book makes an accessible introduction to contemporary management theories and concepts applied to private security Incorporating the latest business and social science research and illustrated throughout with case studies written by experienced security professionals the book provides readers with a comprehensive understanding of what it takes to be an effective security manager in the 21st century Detailed coverage includes the topics of leadership supervision planning and decision making recruitment and selection training motivation performance appraisal discipline and discharge labor relations budgeting and scheduling For managers and leaders in the private security industry and for human resource personnel

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Work Design Stephan A. Konz, Steven Johnson, 2000 New edition of a text with enough material for a two semester course and useful beyond the classroom as a reference After overview and history chapters coverage is arranged in sections on the design process scientific background work environments time determination and implementation of design Each of the 35 chapters has review questions and references and the new edition includes a disk with relevant software of various sorts including ergonomic forms NIOSH lifting calculations shiftwork evaluations and laboratory exercises on inspection reaction time and measurement Konz is with Kansas State University Johnson U of Arkansas Annotation copyrighted by Book News Inc Portland OR

Making Health Care Safer, 2001 This project aimed to collect and critically review the existing evidence on practices relevant to improving patient safety P v *International*

Labour Documentation International Labour Office. Central Library and Documentation Branch,1992 Flight Attendant Fatigue Katrina E. Bedell-Avers,2009 Today s aviation industry is a 24 7 operation that produces a variety of challenges for cabin crew members including extended duty periods highly variable schedules and frequent time zone changes While these operational requirements may be necessary they are far from ideal with respect to the human body s biological rhythms for managing sleep and alertness In fact acute sleep loss sustained periods of wakefulness and circadian factors resulting from this form of misalignment are all contributors to fatigue and fatigue related mishaps Caldwell 2005 Rosekind et al 1996 The strategic management of fatigue is necessary for safety improvement throughout the industry Employee educational programs regarding the dangers of fatigue the causes of sleepiness and the importance of proper sleep hygiene to improve sleep quality may be critical for effective fatigue management Caldwell 2005 This report outlines specific recommendations regarding fatigue countermeasures training and its potential benefits to flight attendant operations Report documentation page

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