

MAKING SHIFTWORK TOLERABLE



Timothy H. Monk
and Samson Folkard

Making Shiftwork Tolerable

Didier Musso



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 Roger Rudolph Rosa,1997 **Plain Language About Shiftwork, July 1997**,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 *Patty's Toxicology, 6 Volume Set* Eula Bingham,Barbara Cohrssen,2012-07-31 Featuring the improved format used in the 5th edition this updated set presents in logical groupings comprehensive toxicological data for industrial compounds including CAS numbers physical and chemical properties exposure limits and biological tolerance values for occupational exposures making it essential for toxicologists and industrial hygienists This edition has about 40% new authors who have brought a new and international perspective to interpreting industrial toxicology and discusses new subjects such as nanotechnology flavorings and the food industry reactive chemical control to comprehensive chemical policy metalworking fluids and pharmaceuticals **The Nurse's Shift Work Handbook** Ruth R. Alward,Timothy H. Monk,1993 **Physical and Biological Hazards of the Workplace** Gregg M. Stave,Peter H. Wald,2016-11-30 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

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relevant to improving patient safety P v *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 Proceedings of the Eighth International Symposium on Aviation Psychology Richard S. Jensen,Lori A. Rakovan,1995

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