Whether you work weekends, night shifts, rotating, split or broken shifts, or engage in rostered or un-rostered overtime, your work pattern puts you at increased risk of a range of health and safety issues.

20% of Australians work ‘shifts’
## Shiftwork & Worklife Balance

<table>
<thead>
<tr>
<th><strong>Work</strong></th>
<th><strong>Family</strong></th>
<th><strong>Friends / Community</strong></th>
<th><strong>Self</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>• Concentration problems</td>
<td>• Lack of contact hours with partners or children</td>
<td>• Exclusion from community, social and cultural events</td>
<td>• Sleep problems</td>
</tr>
<tr>
<td>• Increased stress &amp; tension</td>
<td>• Isolation from family activities</td>
<td>• Reduced friendship networks</td>
<td>• Disturbed eating patterns</td>
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<tr>
<td>• Conflict between colleagues</td>
<td>• Reduced interest in sex</td>
<td>• Difficulties participating in structured exercise programs</td>
<td>• Gastrointestinal disorders</td>
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<tr>
<td>• Fatigue</td>
<td>• Lack of energy for leisure</td>
<td></td>
<td>• Lowered immune function</td>
</tr>
<tr>
<td>• Workplace injuries or sickness</td>
<td>• Marriage and relationship difficulties</td>
<td></td>
<td>• Depression &amp; anxiety</td>
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</tbody>
</table>

Which of these risks are impacting on your life?
Fatigue is a lack of energy and motivation

Fatigue can be a normal and important response to physical exertion, emotional stress, boredom, or lack of sleep

Alternative Names:

Tiredness; Weariness; Exhaustion; Lethargy
SHIFTWORK and FATIGUE

Fatigue leads to poor judgement, lapses in concentration, and potential accidents. “2nd half of night shift 2-5am”

Take a minute each hour to judge your fatigue:

- Desire to sleep
- Irritability
- Reduced hand-eye coordination
- Slowed reaction time
- Trouble with interpersonal communication
- Lack of concentration
STEPS TO TAKE

• Stand up and walk around or stretch
• Wash your hands and face
• Ensure your workplace is cool and well ventilated
SHIFTWORK and SLEEP

Getting a good days sleep:

• Keep regular sleep/wake times
• Ensure adequate time for sleep
• Create a cool, dark, noise-proof sleeping environment
• Ensure distractions such as phones are switched off
• Avoid large meals, nicotine and caffeine before bed
• Partake in regular exercise
• Ensure adequate nutrition. Pack your meals for your shift to avoid “late night fast food”
SHIFTWORK and SLEEP

- Caffeine – Avoid caffeine for 3-4 hrs before sleep
- Alcohol – Too much alcohol can reduce the quality of sleep and increase the need for waking
- Smoking – Like caffeine, smoking is also a stimulant
- Exercise – Try light gentle exercise such as walking, as hard exercise before sleep will act as a stimulant.
SHIFTWORK and NUTRITION

The food you eat has a significant impact on the way you feel, your energy levels and how well you sleep.

<table>
<thead>
<tr>
<th>DO</th>
<th>DON’T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat your main meal at midday or early evening</td>
<td>Eat large meals in the middle of the night</td>
</tr>
<tr>
<td>Eat light meals at night</td>
<td>Eat food high in sugar and fat, especially ‘fast food’</td>
</tr>
<tr>
<td>Allow at least three hours to digest food before sleep</td>
<td>Eat lots of protein at night, such as red meat, as it is difficult to digest</td>
</tr>
<tr>
<td>Eat pasta, grains, sandwiches, salads etc at night as they are easily digested</td>
<td></td>
</tr>
<tr>
<td>Drink reasonable amounts of fluid</td>
<td></td>
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</tbody>
</table>
SHIFTs: 6am-4pm and 6.30am-2.30pm

Normal Day

• Breakfast before shift
• Snack every 3 hrs (9am fruit, yoghurt, sandwich etc)
• Lunch
• 3pm snack
• Exercise after work
• Dinner normal time
• Bed (aim for 7-8hrs sleep)

• Alcohol Ok – aim for 2 standard drinks – no caffeine after 5pm
SHIFT: 4pm – 2am

- 2pm - Main Meal
- Snack every 3 hrs (6.30pm - fruit, yoghurt, sandwich etc)
- 9pm - Mid sized meal (Lunch)
- 12am – Light Meal
- 3.00-3.30am Bed (aim for 7-8hrs sleep)
- 11am wake up – exercise 30mins

- Try and have no alcohol at all and no caffeine or nicotine after 11pm
SHIFT: 2.30pm – 11pm

- 7.30-8am Breakfast
- Exercise 30-45mins
- Snack every 3 hrs (11am - fruit, yoghurt, sandwich etc)
- 1pm – Main meal (dinner)
- 4pm - snack
- 7pm – Mid sized meal
- 9.30pm – light snack
- 12-12.30am sleep

- *Try and have no alcohol at all and no caffeine or nicotine after 7pm*
MANAGE YOUR FAMILY and SOCIAL LIFE

Family

• Manage family time – make appts for fun time

• Make a family calendar – Use it to plan family time and events around shifts

• Remember the positives – Appreciate the flexible hrs, quicker commuting time offered by working shifts

• Don’t let problems linger – communication between family members is central to managing expectations
MANAGE YOUR FAMILY and SOCIAL LIFE

• Get creative with home time – Plan special breakfasts, or volunteer for school / community tasks

• Don’t neglect you – Try to keep time every day for personal fitness and reflection

• Remember there are no ‘norms’ – what works for your family is best for you
MANAGE YOUR FAMILY and SOCIAL LIFE

Workmates

• **Find mentors you admire** - Watch how they communicate and ask how they stay engaged

• **Create message boards** – These and other communication tools will keep you in touch with colleagues on different shifts

• **Be a team player** – Look out for workmates who are struggling and offer a friendly ear

• **Make friends with colleagues** – Reinforce friendships and introduce family members to each other
Call your doctor right away if:

**FATIGUE**

- You are confused or dizzy
- You have blurred vision
- You have little to no urine, or recent swelling and weight gain
Call your doctor if:

- You have ongoing, unexplained weakness or fatigue, especially if accompanied by fever or unintentional weight loss
- You have constipation, dry skin, weight gain, or intolerance to cold
- You wake up and fall back to sleep multiple times through the night
- You have headaches
- You are taking any medications, prescription or non-prescription, or using drugs that may cause fatigue or drowsiness
- You feel sad or depressed
- You have insomnia
HLC APPOINTMENT

Book into see Callie

callie@trenchhealth.com.au

Weekly Visit.

**Thursdays**

1-3pm Consults

3-4pm Boxing/core moves class
Questions please