

Safety Studies Produce Useful Tips

Safety studies have consistently shown that night shifts are by far the most hazardous work hours. These studies strongly urge supervisors to give safety an extra push from 7 p.m. to 7 a.m.

One reason for the added injuries during these hours is that people's cyclical rhythms tend to produce times of alertness and non-alertness. The non-alertness tends to come on strongest in the overnight hours.

In the analysis of the times at which 11,000 accidents occurred in a group of metallurgical and mining industries, a study shows that the rate of serious accidents occurring during the night shift is higher than the rate over the whole period of 24 hours and that the accident rate is lower than the average during the night shift and higher than the average during the morning shift.

What Can You Do?

Here are three ideas:

1. **Lighting:** Make sure the workplace is properly lit to reduce eye fatigue and improve visibility.

2. **Exercise:** Two or three 5-minute exercise breaks during the course of the shift wakes people up and keeps them awake.
3. **Buddy system:** Encourage your people to keep an eye out for one another and to flag situations where a co-worker appears too drowsy to work safely.

What This Means For Counties

Counties can benefit by reviewing their most hazardous work hours and implementing the suggestions from this newsletter along with contacting the Loss Prevention Department at CTSI for a full safety study review.

For more information, contact CTSI at 303-861-0507.