

12 OCCUPATIONAL HEALTH PROGRAMS

CASE STUDY

Max Morath works shifts in the office at Packard Williams, the local refinery. He says there are many advantages to working the late shift. He can play baseball with his son in the afternoon, shop when the stores aren't too crowded, and work on his antique radio collection during the day. He says working the late shift is less stressful because there are fewer people in the office, he can wear whatever he wants, and he doesn't have to deal with customers. Unfortunately, when he switches to the day shift his troubles begin. Each week his body must adjust to a new sleep-wake schedule. The time changes and irregular schedule that shift workers experience makes them more susceptible to a wide variety of problems.

1. What are some of these problems?

2. Some effects of shiftwork can be reduced by relatively simple administrative solutions. What are some of these easy fixes?

3. The management of Packard Williams is thinking of adopting a 12-hour shift schedule. What are some of the advantages of 12-hour shifts?

4. What are the disadvantages of 12-hour shifts?