43% of workers report not getting enough sleep. Shift schedules can be a major barrier.

**NIGHT SHIFTS**
Safety incidents are 30% higher during night shifts

Limit shift length and number of consecutive nights

**EARLY MORNING START**
Before 7 a.m., body is still in sleep mode

Limit consecutive early morning shifts and ensure ample opportunity for rest between shifts

**LONG HOURS**
Injury risk increases 13% with a 10-hour shift, 30% with a 12-hour shift

Provide time for recuperative rest by scheduling at least 12 hours between shifts

**ROTATING SCHEDULES**
It takes time to adjust to a new schedule, often causing sleep loss

Forward-rotate shifts and provide night-time sleep opportunities between rotations

**UNPREDICTABLE SCHEDULES**
Any changes to the planned schedule can increase the risk of fatigue

Reduce the occurrence of unplanned schedule changes and provide compensatory rest periods if sleep loss may have occurred