

# TRAIN THE TRAINER

## 4 PILLARS OF SHIFTWORK SUCCESS®

### Staying Awake on Night Shift

Anyone who works night shifts knows how hard it can be to focus and to be honest – just stay awake. At Shiftwork Services we recommend a review of three key areas that can help you stay awake.

**Manage Yourself.** Make sure you have plenty of sleep prior to working night. Then whilst on night shift use alertness strategies such as, keeping moving, eating something, talk to someone, drink water, enjoy coffee, take a nap, go to a well-lit room, use a light box, breathe deeply, listen to music, splash cold water on your face, jump up and down, go for a walk, take up a yoga position, stand at your work station, swop tasks, doodle.

All of these strategies work for a short time but cannot be relied on to manage alertness. There is only one way of reducing fatigue and that is have adequate sleep. Did you know that muscles can recover with a rest, but the brain can only recover with sleep?

**Manage the Environment.** If you have a room where lights are bright a few minutes there can help keep you awake. This is because light supresses Melatonin the hormone that slows your body down to make sleep easier. Some people use bright light boxes which are especially designed to help manage alertness or adjust the body clock.

**Manage the Roster.** A good roster will give you opportunity to sleep. Consecutive nights and early starts are the most common ways that your roster can steel from your sleep and upset your body clock. If you are constantly fatigued it may be the roster not you that needs to change.

To assess the impact your roster has on sleep and fatigue, consider an assessment with Shiftwork Services. We use a bio-mathematical approach to predict fatigue risk.

Whatever is causing fatigue in your workplace we invite you to ask the following three questions

- 1 - What accidents have you seen due to staff being sleepy or fatigued?
- 2 - Who was affected?
- 3- What can be done in your workplace to reduce fatigue and have shiftworkers who are safe, healthy and productive?

#### WHAT ARE THE 4 PILLARS OF SHIFTWORK SUCCESS?



##### SLEEP

Enable adequate and good quality sleep



##### ALERTNESS

Be awake to work safely and efficiently



##### PHYSICAL ACTIVITY

Improve motivation



##### WORK-LIFE BALANCE

Make time to enjoy both personal and family life

Ask about being sponsored into this programme

Contact  
Fiona Johnston  
0800 WAKE UP  
021 246 0077  
fiona@shiftwork.co.nz

  
www.shiftwork.co.nz