

Shift Work

Hints & Tips to the survival of Shift Work



DON'T SKIP YOUR BREAKS

Breaks are vital for keeping you alert. During your break try to get some fresh air or a change of scenery. Both these factors will contribute to keep you alert.



BOND WITH YOUR CO-WORKERS

Talk, debrief and build relationships with colleagues who are on either similar / irregular routines. Find out what you have in common, listen to suggestions & advice.



MAKE HEALTHIER MEAL & SNACK CHOICES

Choose items that provide energy but do not cause sleepiness or a 'crash and burn' effect later on whilst on shift. Adopt a grazing approach whilst especially working a night shift and ensure these are well-balanced.



PRIORITISE SLEEP

Create an environment conducive for sleep; use curtains that darken the room. Disconnect things that may disrupt sleep. Strive for the recommended 7-9 hours.



BE CAUTIOUS WITH CAFFEINE

Avoid caffeine and alcohol 5-6 hours before sleep, particularly when working night shift as it will affect the quality of sleep. Keep hydrated to avoid feeling tired, you should aim to drink 6–8 glasses per 12 hour rota.

Let's conquer shift work, together #TeamUHMB