



WORKPLACE COMPLACENCY SAFETY SEGMENTS

ALTERNATE RESOURCE: WORKING AT NIGHT

Working at night may cause physical and social disruptions, such as sleep deprivation and disruption, risk of injury from drowsiness, and impaired family or social relationships. During night work, use special precautions at the work site. Above all, you must increase visibility and know your surroundings.

DIRECTIONS

What do I need to know about my surroundings?

- Know the location of safe routes to employee parking
- Safe paths to and from your facility.
- While walking watch out for equipment and other workers
- Know your assigned work areas, is there adequate lighting?
- Know which supervisors are responsible for your safety and whom to contact with any questions or how to report problems.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are your organization's mental health strategies for staff who are working at night?
- Are you aware of your surroundings when arriving at or leaving work?



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