

NUTRITION AND WELLNESS | MARCH SAFETY SEGMENTS



Lack of sleep can lead to mood swings, heightened stress and anxiety, and is associated with various severe health issues and escalated healthcare expenses. A workforce deprived of sleep can negatively impact the organization. In the long run, it poses equal risks to individuals - as per the [Centers for Disease Control \(CDC\)](#), insufficient rest is connected to conditions like high blood pressure, heart disease, and diabetes.

SLEEP AND WELLNESS STRATEGIES FOR SHIFT WORKERS

When a night shift worker's circadian rhythm hasn't adjusted to sleeping during the day, the resulting imbalance can cause significant health problems. Research shows that the side effects of a disrupted sleep cycle can often linger for days. Some of these symptoms include stress, fatigue, irritability, overeating, lack of exercise, and even substance use. Shift workers are also affected socially as they are limited connecting with their social circle and miss out on events. This segment is focused directly on night shift workers or those who have irregular shift hours.

DIRECTIONS

Print out or show an electronic copy of the [Essential Guide to Conquering Shiftwork by The Other Shift](#). Start by discussing how shiftwork affects the overall health of affected workers.

SAFETY SEGMENT DISCUSSION



Guiding Questions:

1. Go around the table and have the staff share their experience in irregular shift hours or working night shift.
2. Discuss other tips and strategies that staff can share to cope with shift work.
3. How can the employer support workers to cope with shiftwork?



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