

“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work..”

~Ralph Marston

QUICK TIPS:

Certain healthy foods, like almonds and yogurt, can offer a natural energy boost when you are feeling groggy or fatigued.

[Energy Foods](#)

TECH CORNER:

While no gadget can replace a good night’s sleep, there are many smartphone applications that can help you monitor your sleep patterns.

[Sleep Apps](#)



Safety Notes

VOLUME 1, ISSUE 18



Shift Work

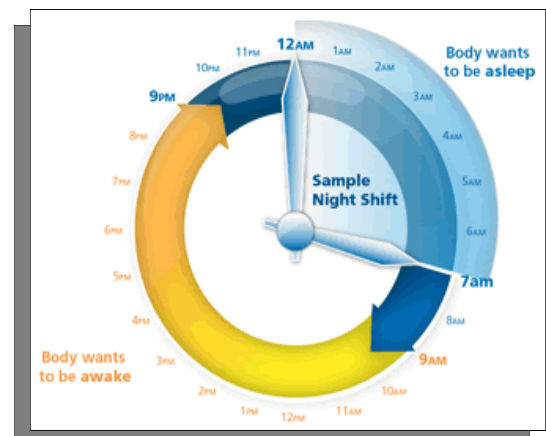
Working long or overnight shifts can make getting adequate amounts of quality sleep seem impossible. Lack of rest over an extended period can lead to fatigue. Fatigue, in turn, can lead to carelessness, which is the root cause of most preventable accidents. Since there will always be a need for certain functions to continue into the evening and throughout the night, eliminating this hazard is not an option; reducing negative impact should be the goal. Humans have been working night shifts throughout our history. Tasks ranging from guarding food stores against scavengers to taking late night 911 calls have always required workers to burn the midnight oil. There are many different ways — some healthy, some unhealthy — to deal with the side effects of this unnatural tax we put on our bodies. The following website explains the safety factors associated with shift work, along with ways to mitigate associated hazards.



[CDC Shift Work Article](#)

Getting Started

Our body’s natural rhythm expects us to be awake when it is bright, and to be asleep when it is dark. If we require our bodies to deviate from this pattern, we experience fatigue until we are rested. Getting more sleep is not always an option, but there are a few methods that can alleviate the symptoms of fatigue caused by working off-shifts. This week’s Safety Notes link will redirect you to a website that offers hints that may help you manage these symptoms.



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[Manage symptoms of fatigue](#)