

24/365 FRONT LINE SERVICES ALLIANCE

Taking the Risk Paying Our Share

AGSI



GRA



INO



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PNA



POA



SIPTU



FACT SHEET 2

Shift Work

Research demonstrates the following potential risks associated with night working and rotating shift patterns.

The physiological disruption and psychological strain of continuous shift working can have serious detrimental effects on workers' health. Studies have shown the following:

- Greater risks of suffering from duodenal and peptic ulcers;
- Increased risk of work/family conflict, social and family isolation;
- Increased risk of MI (Myocardial Infarction) if on shift work for 11 - 15 years;
- Shift workers have a 66% higher chance of suffering from coronary heart disease;
- Potential negative effects on fertility;
- Long Term night duty presents a risk for certain cancers;
- Chronic fatigue even on rest days;
- Greater recorded incidence of Depressive illness.

Premiums do not offset these risk, they merely recognise that they exist.

Some public servants must work unsocial hours and shift work to protect and care for us - they deserve to be paid for that commitment.