

ADAPTING TO SHIFTWORK

Employment experts estimate that as much as thirty percent of the Canadian working population is involved, in one form or another, with shiftwork. Studies have also indicated that as a consequence of shiftwork, some workers may suffer digestive problems, disruptive patterns of sleeping and higher rates of accidents.

This seminar will address these issues and will provide information and strategies to help you adapt both physically and socially to the demands of the shiftwork schedule. Dr. Melnychuk will teach you about the nature of sleep and its stages, the role of biological clocks and circadian rhythms, improving health and safety, and reducing fatigue and human error by implementing a Fatigue Risk Management System.

You will learn to:

- Understand the nature of sleep and circadian rhythms
- Examine the biological basis of the shiftwork problem
- Get higher-quality sleep
- Discover the qualities of highly effective shiftworkers
- Reduce the costs of fatigue and human error
- Understand the role of relaxation and exercise
- Develop a meal plan for night shift
- Improve personal and family relationships
- Use the newest techniques to improve job alertness
- Understand the benefits of a Fatigue Risk Management System
- Implement a plan of action to ease the strain of shiftwork

CLIENT FEEDBACK:

"I am writing regarding your two presentations at our recent Industrial Safety Seminar, "Adapting to Shiftwork" and "Building Stamina, Managing Fatigue in the Workplace". Your sessions were **two of the most popular sessions** at the seminar and received excellent evaluations. Most of the delegates who attended your sessions rated them from very good to excellent, with the majority rating them as excellent.

There were numerous comments such as "I'd like to spend the whole day with him", and "Wonderful speaker". The delegates also enjoyed your presentation style and audience participation. There were many comments such as "Lots of interaction" and "Good group participation". The delegates at our event tend to go to several conferences a year and have come to expect high quality speakers. They do not only expect speakers to be technically competent, but expect some "**entertainment with the education**". You have scored well on both counts. Thank you again and I look forward to working with you again in the future."

– Will Putz, Occupational Safety Coordinator
Saskatchewan Safety Council

"I want to express my gratitude for the "Adapting to Shiftwork" seminars you recently presented for our Nitrogen Operations Crews. You were able to maintain interest during the entire session, with the manner in which you designed your material and the easy and fun way in which you delivered it. Our operations shift crews have very high expectations of vendors when we bring in off-site learning opportunities. The material must be relevant, it must be interesting, it must provide them with learning opportunities that will make sense of their own personal experiences, and above all, the presenter must be able to relate to their culture, all of this, while having some fun. Quite a tall order, and I'm pleased to say that **your delivery and material met and exceeded** all their expectations. As the site Training Coordinator, you've made my job very easy by providing us with **a quality product** ... both in content and in your professional delivery. It's been a pleasure working with you to organize and set-up our "Adapting to Shiftwork" seminars."

– Linda Serink, Training Coordinator
Agrium

"On behalf of Peace Region Transmission I would like to thank you for the excellent job you did in your "Adapting to Shiftwork" presentation. It was **both enlightening and entertaining and your knowledge in the area of sleep deprivation and sleep interruptions was very obvious**. All the feedback I've received from my colleagues and managers that attended the presentation has been very positive. They were impressed to see that you related your presentation to your audience, which in this case was not shiftworkers, but people who are subject to being called out to perform emergency work at any time of the day or night. It was a pleasure meeting you and I look forward to working with you again in the future."

– Ed Harris, C.E.T.
Peace Region Transmission