Guidance for Employers and Employees on Night and Shift Work



The following whitepaper is UK based, however, the guidelines and content are highly relevant to a Canadian audience as a best practice and foundation for structuring your own shift-work strategy.

The objective of this guide is to assist employers and employees and others to comply with health and safety legislation and in so doing to minimise any adverse effects of night and shift work. It is not intended as a legal interpretation of the legislation.

This guide will increase your understanding of night and shift work and its potential impact on health and safety. It will describe measures employers and employees can take at work to reduce any adverse effects of night or shift work.

It will assist employers in managing night and shift work so as to comply with the legislation and to prevent fatigue and any associated illness arising in employees. The guide gives practical advice on carrying out risk assessments, shift design and the maintenance of the work environment.