

MAKING SHIFTWORK TOLERABLE



Timothy H. Monk
and Samson Folkard

Making Shiftwork Tolerable

Yan Bai



Making Shiftwork Tolerable:

Making Shiftwork Tolerable T H Monk,S. Folkard,1992-06-16 This text guides the reader through the many forms of shiftwork adopting a broad definition as being any regularly taken employment outside the day working window 06 00 to 18 00 The experiences of shiftworkers are described along with those

Making Shiftwork Tolerable Timothy H. Monk,Simon Folkard,2024-11-01 This text guides the reader through the many forms of shiftwork adopting a broad definition as being any regularly taken employment outside the day working window 06 00 to 18 00 This excellent guide introduces the many and varied forms of shiftwork adopting from the outset a broad definition of the term to embrace any regularly taken employment outside the day working window The authors both internationally recognised experts in the field describe in jargon free language the diverse experiences of shift workers and identify the problems associated with abnormal hours As shiftwork becomes more prevalent prompted by economic considerations of employers in both traditional manufacturing and more recently in the service sector new shiftwork patterns are being introduced The authors acknowledge the problems inherent in studying shiftwork reviewing three classes of study field survey and laboratory simulation and discuss the role of national culture in determining and limiting the applicability of generic results Topics covered include human biological economic social and domestic influences stress strain and shiftwork health and safety shiftwork and task performance

Plain Language About Shiftwork, July 1997 ,1997 *Plain Language about Shiftwork* Roger Rudolph Rosa,1997

Handbook of Occupational Safety and Health Danuta Koradecka,2010-05-04 Using an interdisciplinary approach this book presents a wide range of methods and specific criteria for assessing hazard and exposure in the workplace environment offering ways to reduce these hazards This text provides coverage of basic risk factors law based protection of labor shaping conditions of occupational safety and ergonomics psychophysical capabilities of humans in the working environment and more

Patty's Toxicology, 6 Volume Set Eula Bingham,Barbara Cohrssen,2012-07-31 Featuring the improved format used in the 5th edition this updated set presents in logical groupings comprehensive toxicological data for industrial compounds including CAS numbers physical and chemical properties exposure limits and biological tolerance values for occupational exposures making it essential for toxicologists and industrial hygienists This edition has about 40% new authors who have brought a new and international perspective to interpreting industrial toxicology and discusses new subjects such as nanotechnology flavorings and the food industry reactive chemical control to comprehensive chemical policy metalworking fluids and pharmaceuticals

The Nurse's Shift Work Handbook Ruth R. Alward,Timothy H. Monk,1993 **Impact of Shiftwork and Overtime on Air Traffic Controllers** ,1996 **Physical and Biological Hazards of the Workplace**

Gregg M. Stave,Peter H. Wald,2016-11-14 Completely updated version this classic reference covers both physical hazards and biological agents Provides updated information on protecting workers from proven and possible health risks from manual material handling extremes of temperature and pressure ionizing and non ionizing magnetic fields radiation shiftwork and

more Details major changes in our understanding of biological hazards including Ebola Chikungunya Zika HIV Hepatitis C Lyme disease MERS CoV TB and much more All infectious diseases have been updated from an occupational health perspective Includes practical guidance on to how to set up medical surveillance for hazards and suggests preventive measures that can be used to reduce occupational diseases

Industrial and Labor Relations Review ,1997 *Flexible Work Arrangements:Conceptualizations and International Experiences* Isik U. Zeytinoglu,2002-12-18 Examines the effect of flexible work arrangements on individuals career family health and well being as well as effects on the workplace and the society

The Praeger Handbook on Stress and Coping Alan Monat,Richard S. Lazarus,Gretchen Reevy,2007 Offers the best classic and current writing and research on stress and coping including top scholars and celebrities among the contributors

Participation and Prevention Hans Jeppesen,2006 The aim of this anthology is to present the importance of employee participation for the employees themselves in terms of their individual development and working life as well as for the function and innovation of work organizations while at the same time focusing on different aspects and dimensions of work organizations psychology theory and research

Sleep Disorders Sourcebook Jenifer Swanson,1999 This Sourcebook will help readers identify symptoms of major sleep disorders including insomnia sleepwalking sleep apnea restless leg syndrome narcolepsy and their treatment options It describes sleep requirements sleep changes through the lifespan sleep medications and the cost of sleep deprivation to society

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Principles of Security Management Brian R. Johnson,2005 This book makes an accessible introduction to contemporary management theories and concepts applied to private security Incorporating the latest business and social science research and illustrated throughout with case studies written by experienced security professionals the book provides readers with a comprehensive understanding of what it takes to be an effective security manager in the 21st century Detailed coverage includes the topics of leadership supervision planning and decision making recruitment and selection training motivation performance appraisal discipline and discharge labor relations budgeting and scheduling For managers and leaders in the private security industry and for human resource personnel

Occupational Hazards ,1997

Work Stress Lorne Sulsky,Carlla S. Smith,2005 Written for work psychologists and psychologists in training

WORK STRESS critically reviews the literature across the broad domain of work stress in a fairly non technical manner while retaining scientific integrity Because of rapid changes in work environments from technological advances and a myriad of economic social and other factors this ongoing transformation of work stress creates a moving target for this subject A conceptual model introduced in chapter one serves as an organizing framework for the book and as a way to integrate a variety of research streams within a unified conceptual umbrella Instead of approaching work stress as a problem the authors use their experience as active psychologists to help you understand work stress as a process and to help you cope with stress in the modern workplace

Flight Attendant Fatigue Katrina E. Bedell-Avers,2009 Today s aviation

industry is a 24 7 operation that produces a variety of challenges for cabin crew members including extended duty periods highly variable schedules and frequent time zone changes While these operational requirements may be necessary they are far from ideal with respect to the human body s biological rhythms for managing sleep and alertness In fact acute sleep loss sustained periods of wakefulness and circadian factors resulting from this form of misalignment are all contributors to fatigue and fatigue related mishaps Caldwell 2005 Rosekind et al 1996 The strategic management of fatigue is necessary for safety improvement throughout the industry Employee educational programs regarding the dangers of fatigue the causes of sleepiness and the importance of proper sleep hygiene to improve sleep quality may be critical for effective fatigue management Caldwell 2005 This report outlines specific recommendations regarding fatigue countermeasures training and its potential benefits to flight attendant operations Report documentation page

Industrial Psychology Research

Trends Ina M. Pearle,2007 Industrial and organisational psychology also known as I O psychology work psychology work and organisational psychology W O psychology occupational psychology or personnel psychology concerns the application of psychological theories research methods and intervention strategies to workplace issues I O psychologists are interested in making organisations more productive while ensuring workers are able to lead physically and psychologically healthy lives Relevant topics include personnel psychology motivation and leadership employee selection training and development organisation development and guided change organisational behaviour and work and family issues This book presents leading research from around the globe in this field

Making Health Care Safer ,2001 This project aimed to collect and critically review the existing evidence on practices relevant to improving patient safety P v

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