

# The Night Worker

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### **NIGHT WORKING HOURS: HOURS AND LIMITS - GOV**

*Fri, 12 May 2017 23:39:00 GMT*

staff who regularly work at least 3 hours during the 'night period' are night workers. the night period is 11pm to 6am, unless the worker and employer agree a ...

### **THE SHIFT WORKER'S - CANADA POST**

*Thu, 27 Apr 2017 16:40:00 GMT*

the shift worker's handbook 5 sleep due to their schedules, shift workers frequently have to sleep during the day. this is very difficult for some people, and night ...

### **ROTATIONAL SHIFTWORK : OSH ANSWERS**

*Tue, 09 May 2017 02:50:00 GMT*

osh answers fact sheets. ... is discussed in the extended workday osh answers document. note: ... when a night worker is "on call" and must remain in the building, ...

### **THE RISKS OF NIGHT WORK**

*Thu, 11 May 2017 17:06:00 GMT*

nearly 15 million americans work a permanent night shift or regularly rotate in and out of night shifts, according to the bureau of labor statistics.

### **NIGHT WORK 'THROWS BODY INTO CHAOS' - BBC NEWS**

*Wed, 22 Jan 2014 08:43:00 GMT*

doing the night shift throws the body "into chaos" and could cause long-term damage, warn researchers. shift work has been linked to higher rates of type 2 diabetes ...

### **NIGHT WORK (ALBUM) - WIKIPEDIA**

*Sun, 07 May 2017 19:49:00 GMT*

night work; studio album by scissor sisters; released: june 28, 2010 () genre: alternative rock, glam rock, nu-disco: length: 44:21: label: polydor records (uk)

### **SHIFT WORK - WIKIPEDIA**

*Thu, 11 May 2017 19:58:00 GMT*

shift work is an employment practice designed to make use of, or provide service across, all 24 hours of the clock each day of the week (often abbreviated as 24/7).

### **THE NIGHT WORKER - SHELBY COUNTY SCHOOLS**

*Sun, 07 May 2017 05:23:00 GMT*

the night worker word build & write (his, this, be) ch

### **SHIFT WORK AND HEALTH: WHAT IS THE RESEARCH TELLING US ...**

*Thu, 27 Apr 2017 02:43:00 GMT*

shift work and health: what is the research telling us? ... people who work night shifts are likely to sleep less and/or more poorly than regular day workers.

### **SHIFT WORK HEALTH RISKS: HEART DISEASE, ULCERS, OBESITY ...**

*Fri, 07 Aug 2009 23:58:00 GMT*

shift work may raise your risk of health conditions such as heart disease, diabetes, obesity, ulcers, and depression.

### **AVOIDING SHIFT WORK SLEEP DISORDER (SWD) ON THE NIGHT ...**

*Wed, 03 Aug 2005 23:56:00 GMT*

if you work the night shift or rotating shifts, poor sleep can put you at risk for accidents and health problems. follow these tips for better sleep.

### **TIPS FROM SHIFT WORKERS - NATIONAL SLEEP FOUNDATION**

*Thu, 11 May 2017 12:49:00 GMT*

shift workers often find it challenging to balance sleep and activities with their varying shifts. shift workers often find there is not enough time between each ...

### **A HARD DAY'S NIGHT - TUC - BRITAIN AT WORK**

*Mon, 01 May 2017 00:58:00 GMT*

a hard day's night the effect of night shift work on work/life balance

### **SHIFT WORK & SLEEP - NATIONAL SLEEP FOUNDATION**

*Sat, 06 May 2017 21:16:00 GMT*

shift work can be a difficult way of life, and will certainly change your sleeping habits. learn how to improve sleep with shift work on national sleep foundation.

### **A HARD DAY'S NIGHT: THE HIDDEN HEALTH RISKS OF WORKING THE ...**

*Wed, 28 Oct 2015 10:54:00 GMT*

more than 3 million people in the uk work night shifts but research points to negative health risks from obesity and diabetes to breast cancer

### **ROUGH NIGHTS - YOUNG FOUNDATION**

*Thu, 11 May 2017 04:42:00 GMT*

the young foundation 2011 night workers 2 about the young foundation the young foundation brings together insight, innovation and entrepreneurship

### **WHY WORKING THE NIGHT SHIFT HAS MAJOR HEALTH ... - HUFFPOST**

*Tue, 06 Jan 2015 08:15:00 GMT*

the 15 million americans who work the night shift won't hesitate to tell you about the toll their work lives take on their sleep schedules. however ...

### **HEALTHY TIPS FOR NIGHT SHIFT WORKERS | WELLNESS | US NEWS**

*Tue, 11 Feb 2014 16:12:00 GMT*

healthy tips for night shift workers here's how to sleep well during the day and stay alert at night.

### **THE WORKS - OUR MENU**

*Thu, 11 May 2017 01:57:00 GMT*

our menu. toronto change location. the world's best burger. 100% canadian awesomeness – made only with the best canadian beef, hand pressed daily and flame-grilled ...

### **THE NIGHT SHIFT WORKER'S GUIDE TO SUPERHUMAN EATING ...**

*Thu, 11 May 2017 16:02:00 GMT*

as discussed in this 3 part series, the night shift worker's guide to being superhuman, night shift workers face more challenges than day shift workers when it ...

### **8 WAYS WORKING THE NIGHT SHIFT HURTS YOUR HEALTH | HUFFPOST**

*Thu, 14 Aug 2014 08:30:00 GMT*

working the night shift could nearly double your risk of suffering a workplace injury, according to university of british columbia researchers.

### **NIGHT WORK & SHIFT WORK | UNITED STATES DEPARTMENT OF LABOR**

*Sat, 13 May 2017 15:17:00 GMT*

subtopics breaks & meal periods flexible schedules family & medical leave full-time employment holidays job sharing night work & shift work

### **SEX-TRADE WORKER ATTENDED TAKE BACK THE NIGHT MARCH BEFORE ...**

*Thu, 11 May 2017 09:57:00 GMT*

divas boulanger attended a take back the night march for murdered and missing women -- only to disappear herself hours later after returning to working the streets ...

### **NORMAL SLEEP A 'PRIVILEGE' FOR NIGHT WORKERS - CNN**

*Fri, 12 May 2017 02:11:00 GMT*

with biology beckoning their bodies to sleep during the night, shift workers say staying awake is always a struggle.

### **RISK OF WORK INJURY LINKED TO NIGHT, EVENING SHIFTS STILL ...**

*Sat, 29 Apr 2017 01:43:00 GMT*

standard article risk of work injury linked to night, evening shifts still high after switching to days

### **THE NIGHT SHIFT | PSYCHOLOGY TODAY**

*Mon, 05 May 2014 23:59:00 GMT*

what happens to your mind and body when you work all night, (almost) every night? more than 15 million americans know all too well. 2:30 am: the janitor val barnes is ...

### **HEALTH EFFECTS OF NIGHT SHIFTS ON WORKERS - BLOG | ULTIUS**

*Fri, 12 May 2017 19:07:00 GMT*

the issue of whether or not working at night has negative health effects for human workers is a serious one. questions like these can lead to billions upon billions ...

### **THE IMPACT OF SHIFT AND NIGHT WORK ON HEALTH - SCIENCEDIRECT**

*Fri, 12 May 2017 00:52:00 GMT*

shift work, in particular night work, can have a negative impact on health and well-being of workers as it can cause: (a) disturbances of the normal circadian rhythms ...

### **NIGHT WORK - CITIZENS INFORMATION**

*Sat, 06 May 2017 19:21:00 GMT*

describes how the hours of work and the health and safety of night workers are regulated.

### **NIGHT WORKER HEALTH ASSESSMENTS | SOUND ADVICE**

*Thu, 11 May 2017 21:03:00 GMT*

ensure your business completes thorough night worker health assessments for all night workers. contact us today on 01925 838 350 | sound advice ltd

### **W NETWORK - OFFICIAL SITE**

*Sat, 13 May 2017 05:30:00 GMT*

w's latest drama features a group of doctors from the army return to work the night shift at a hospital in san ... w network, corus quay, 25 dockside drive ...

### **HOW TO LOSE WEIGHT WORKING NIGHTS: 13 STEPS (WITH PICTURES)**

*Thu, 11 May 2017 17:42:00 GMT*

how to lose weight working nights. many people who work night shifts have trouble losing weight or keeping off unwanted weight. there are several reasons for this.