

HELP FOR SHIFTWORKERS



***health education
& lifestyle training
for shiftworkers***



THE TRAINING

“Customised training to fit your specific roster needs”

- Benchmark comparisons with other operations
- On-site presentations by roster and health experts
- Question and answer sessions
- Analysis of roster issues
- Current health and lifestyle educational information
- Round-the-clock sessions with each of your shifts
- Presentation material that is yours to keep for future use
- Optional sessions for families and partners
- Employee assessment to confirm and reinforce understanding



THE INFORMATION

“Current health information for managing shiftwork lifestyles”

- Managing our biological clocks
- Avoiding the build-up of sleep loss
- Individual sleep strategies
- Caffeine
- Alcohol
- Sleeping pills
- Nicotine
- Lighting
- Diet
- Sleep environments
- Exercise
- Family and friends



THE NEXT STEP

“Help your employees cope better with shiftwork”

To find out more about Health Education and Lifestyle Training or our other services call us on: **+61 7 3216 0161**

To learn more about Shiftwork Solutions visit our website on: **shiftworksolutions.com**



SHIFTWORK SOLUTIONS®
solving roster problems

THE BENEFITS

“Reap the benefits of a more alert workforce”

- Improved employee morale and alertness
- Reduced absenteeism
- Improved productivity and quality
- Improved occupational health and safety performance
- Demonstrated duty of care
- Significant return on investment
- Can be used with current workforce and for induction of new employees



SOLVING ROSTER PROBLEMS

Shiftwork Solutions can also assist in other areas:

- Roster Design
- Business Analysis
- Employee Assessment
- Change Management
- Communication Strategy
- Project Management
- Roster Cost Analysis



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