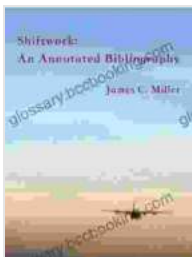


Shiftwork: An Annotated Bibliography on Shiftwork Fatigue and Safety

Shiftwork is a common practice in many industries, such as healthcare, manufacturing, transportation, and retail. However, shiftwork can have significant negative effects on workers' health, well-being, and safety. Shiftwork fatigue is a major concern, as it can lead to errors, accidents, and injuries.

This annotated bibliography provides an overview of the latest research on shiftwork fatigue and safety. It includes studies on the prevalence of shiftwork fatigue, the causes and consequences of shiftwork fatigue, and the effectiveness of interventions to reduce shiftwork fatigue. This bibliography is an essential resource for researchers, practitioners, and policymakers seeking to mitigate the risks associated with shiftwork.



Shiftwork: An Annotated Bibliography (Shiftwork, Fatigue and Safety Book 1) by James Miller

★★★★★ 5 out of 5

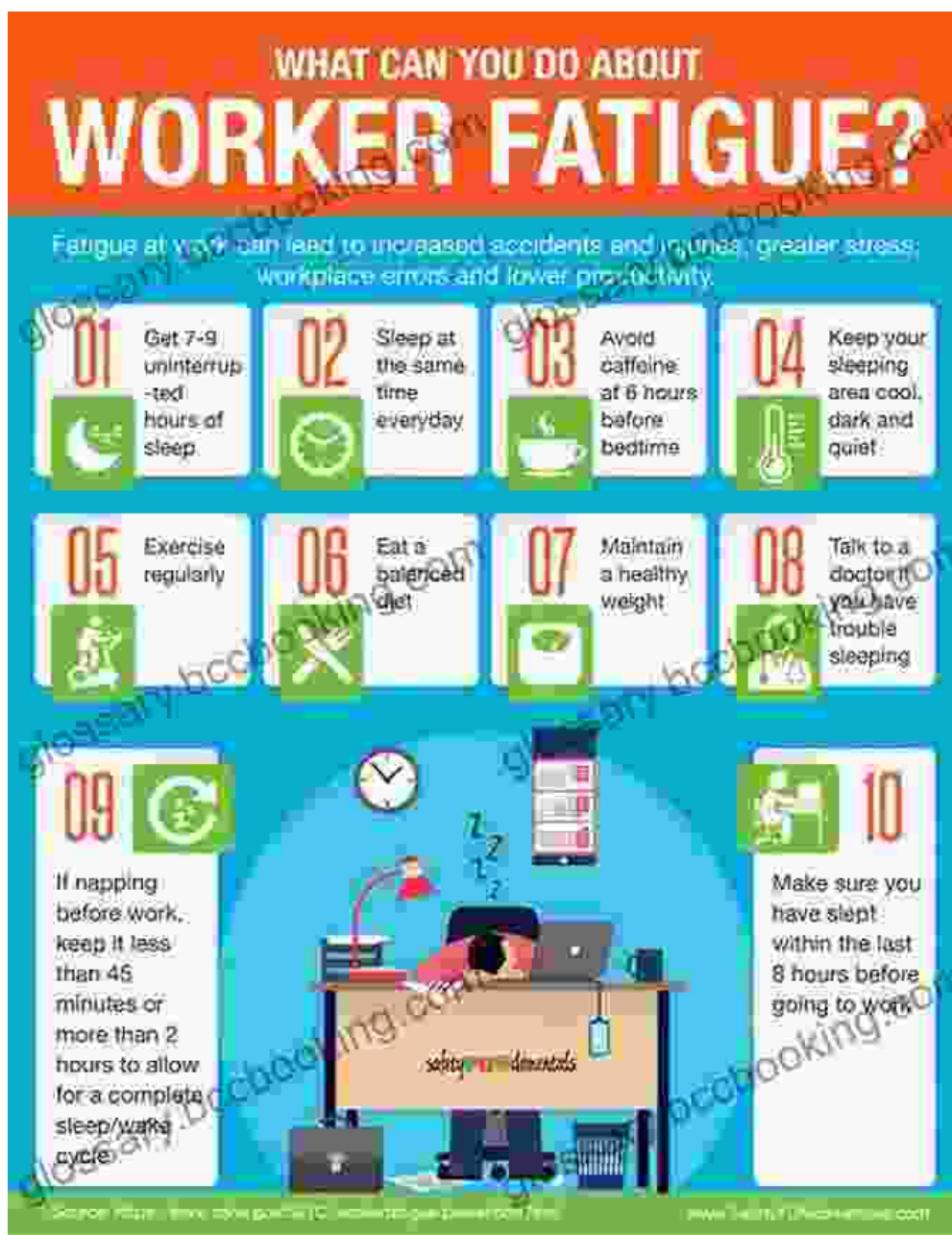
Language : English
File size : 739 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 275 pages
Lending : Enabled
Screen Reader : Supported



Annotated Bibliography

1. **Title:** The Prevalence of Shiftwork Fatigue in the United States
Authors: Czeisler C, Rios CD, Coleman RJ, et al. **Journal:** JAMA
Internal Medicine **Year:** 2015 **Abstract:** This study found that shiftwork
fatigue is a common problem in the United States, with over 50% of
shift workers reporting symptoms of fatigue. The study also found that
shiftwork fatigue is associated with a number of negative health
outcomes, including sleep disFree Downloads, cardiovascular disease,

and obesity.



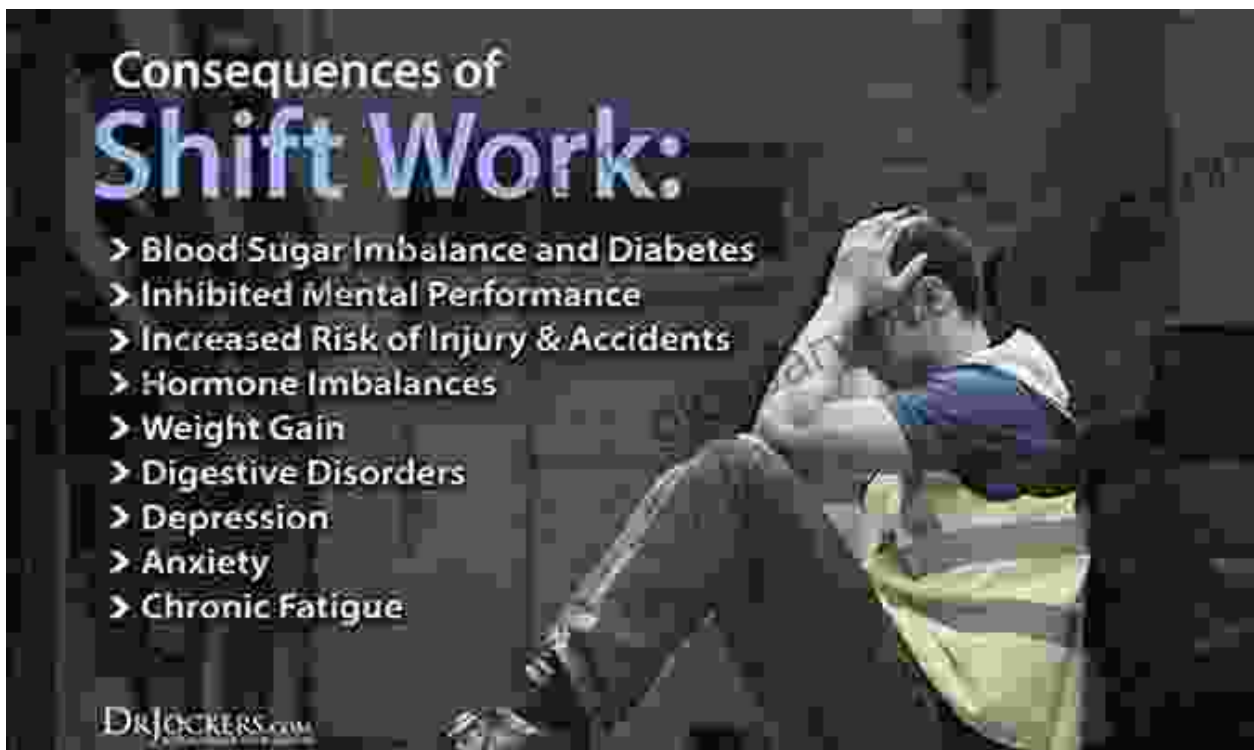
2. **Title:** The Causes and Consequences of Shiftwork Fatigue **Authors:** Folkard S, Tucker P **Journal:** Occupational and Environmental Medicine **Year:** 2003 **Abstract:** This study reviews the causes and consequences of shiftwork fatigue. The study found that shiftwork fatigue is caused by a combination of factors, including circadian misalignment, sleep deprivation, and social jet lag. The study also

found that shiftwork fatigue can lead to a number of negative consequences, including decreased alertness, impaired performance, and increased risk of accidents and injuries.

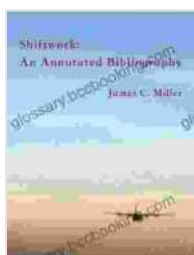


3. **Title:** The Effectiveness of Interventions to Reduce Shiftwork Fatigue
Authors: Caruso CC, Carvalhaes MA, Silva D, et al. **Journal:** Cochrane Database of Systematic Reviews **Year:** 2019 **Abstract:** This systematic review assessed the effectiveness of interventions to

reduce shiftwork fatigue. The review found that there is some evidence that bright light therapy, melatonin, and caffeine can be effective in reducing shiftwork fatigue. However, the review also found that more research is needed to determine the long-term effectiveness of these interventions.



Shiftwork fatigue is a serious problem that can have significant negative effects on workers' health, well-being, and safety. This annotated bibliography provides an overview of the latest research on shiftwork fatigue and safety. It is an essential resource for researchers, practitioners, and policymakers seeking to mitigate the risks associated with shiftwork.



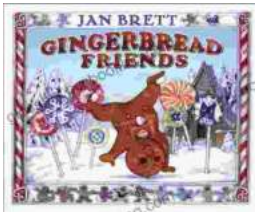
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