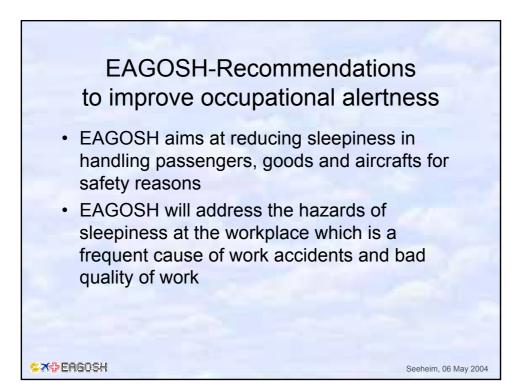
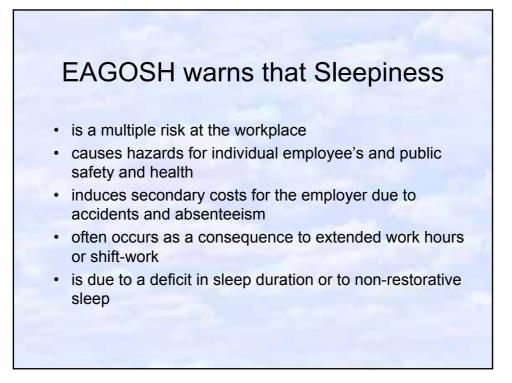
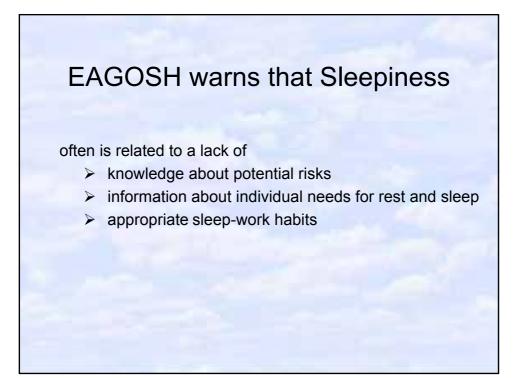


EAGOSH Recommendation No 8 Improvment of occupational alertness

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## Strategy of Consequences

Improving alertness at the work place includes attention and activities at the employer's and at the employee's side.

EAGOSH recommends preventive strategies on both sides.

## EAGOSH-Recommendations for shift-workers: helpful strategies

- 1. Short breaks throughout the shift
  - Power naps during night shift if possible
  - Exercising during breaks
  - Healthy snacks avoiding foods that may upset the stomach
- 2. Caffeinated beverages preferably early in the shift, before 3 a.m. for the night worker
- 3. Avoiding boring tasks during the last night shift hours: drowsiest period around 4 a.m.
- 4. Cooperation and support between co-workers
  - Iookout for signs of drowsiness in each other
- 5. Exchanging ideas among colleagues about how to cope with the problems of shift work

