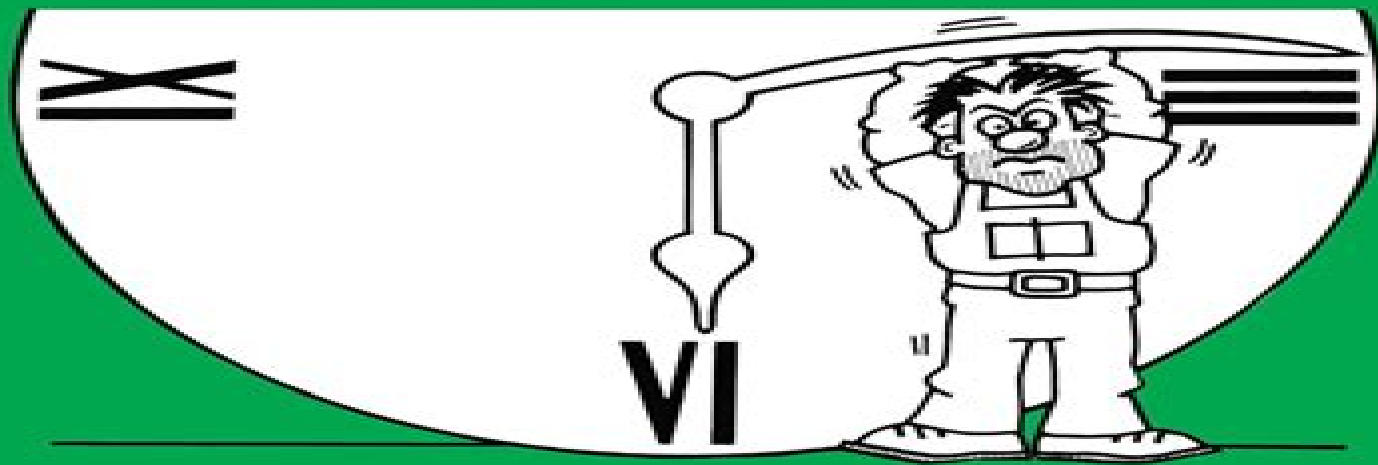


MAKING SHIFTWORK TOLERABLE



**Timothy H. Monk
and Simon Folkard**

Making Shiftwork Tolerable

**John R. Wilson, Beverley Norris, Ann
Mills**



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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 Roger Rudolph Rosa, 1997 **International Encyclopedia of Ergonomics and Human Factors - 3 Volume Set** Informa Healthcare, 2000-12-14 The first encyclopedia in the field the International Encyclopedia of Ergonomics and Human Factors provides a comprehensive and authoritative compendium of current knowledge on ergonomics and human factors It gives specific information on concepts and tools unique to ergonomics About 500 entries published in three volumes and on CD ROM are pre **People and Rail Systems** John R. Wilson, Beverley Norris, Ann Mills, 2016-12-05 Following on from 2005's Rail Human Factors Supporting the Integrated Railway this book brings together an even broader range of academics and practitioners from around the world to share their expertise and experience on rail human factors The content is both comprehensive and cutting edge featuring more than 55 chapters addressing the following topics Passengers and public Driver performance and workload Driving and cognition Train cab and interfaces simulation and design Routes signage signals and drivability Signalling and control of the railway Planning for the railway Engineering work and maintenance Level crossings Accidents and safety Human error and human reliability SPADs signals passed at danger Human factors integration and standards Impairments to performance Staff competencies and training People and Rail Systems Human Factors at the Heart of the Railway will be invaluable for all those concerned with making railways safer more reliable of higher quality and more efficient It will be essential reading for policy makers researchers and industry around the world **Contemporary Ergonomics 2007** Philip D. Bust, 2018-02-06 Presenting the Proceedings of the Ergonomics Society's annual conference the series embraces the wide range of topics covered by ergonomics Individual

papers provide insight into current practice present new research findings and form an invaluable reference source A wide range of topics are covered in these proceedings including Ergonomics Human Factors and User Centred Design It also features related disciplines such as Psychology Engineering and Physiology Particular emphasis is given to the utility of these disciplines in improving health safety efficiency and productivity The 2007 Annual Conference features Human factors at the heart of systems engineering As well as being of interest to mainstream ergonomists and human factors specialists Contemporary Ergonomics will appeal to all those who are concerned with the interaction of people with their working and leisure environment including designers manufacturing and production engineers health and safety specialists occupational applied and industrial psychologists and applied physiologists

Working with Age J C Marquie, Paumes D Cau-Bareille, S Volkoff, 2003-09-02 In the late 1990s age is a pressing concern on a scale previously unimaginable in the social sciences and caring professions The inexorable development of the age pyramid and the quick pace of technological change has brought work and age together as inter linked areas of study and intervention This text introduces current academic thinking on work and age and describes ways in which working methods the organization of work and innovative programmes such as tailored training can be introduced to reflect more accurately an intrinsic part of human life ageing The book encompassing physiological psychological and social factors The object is to define clearly diverse aspects involved in the passing of time ageing generational effects experience and other marks of time Their combined effects reveal different signs of ageing on behaviour as well as on strategies to contend with professional requirements at different stages in life The style of this text makes it accessible to a non specialist public but also opens avenues for those who wish to delve deeper into the matter to discover the state of the art questions and issues being addressed in international work and age research

Reader's Guide to the Social Sciences Jonathan Michie, 2014-02-03 This 2 volume work includes approximately 1 200 entries in A Z order critically reviewing the literature on specific topics from abortion to world systems theory In addition nine major entries cover each of the major disciplines political economy management and business human geography politics sociology law psychology organizational behavior and the history and development of the social sciences in a broader sense

Human Factors in the Design and Evaluation of Central Control Room Operations Neville A. Stanton, Paul Salmon, Daniel Jenkins, Guy Walker, 2009-11-18 Whether used for aviation manufacturing oil and gas extraction energy distribution nuclear or fossil fuel power generation surveillance or security all control rooms share two common features The people operating them are often remote from the processes that they are monitoring and controlling and the operations work 24 7 The twin demands of

Psychology and Policing Neil Brewer, Carlene Wilson, 2013-06-17 Psychological theory and research have much to contribute to the knowledge and skill bases underlying effective policing Much of the relevant information however is dispersed across a variety of different psychological and criminal justice policing journals and seldom integrated for those applied psychologists interested in policing issues or for police policymakers administrators and others working in the

criminal justice area who are not familiar with the psychological literature Designed to accommodate the needs of these different groups this book addresses both operational policing issues and issues relevant to the improvement of organizational functioning by providing integrative reviews of psychological theory and research that deal with effective policing It illustrates how the theory and research reviewed are relevant to specific policing practices These include eyewitness testimony conflict resolution changing driver behavior controlling criminal behavior effective interviewing and techniques of face reconstruction The volume s readable style makes it accessible to a diverse audience including undergraduate and postgraduate students in forensic organizational applied psychology criminal justice and police science programs and police administrators and policymakers It will also interest psychologists whose primary focus includes policing and criminal justice issues The book should draw attention to the often unrecognized and valuable contribution that mainstream psychology can make to the knowledge base underpinning a wide variety of policing practices

Bodyrhythms Lynne Lamberg, 2000 Chronobiology the study of body time may revolutionize your life *Bodyrhythms* by veteran medical writer Lynne Lamberg is a comprehensive eminently readable report on advances in maximizing daily alertness avoiding errors at work and on the highway and treating mood and sleep disorders and other illnesses It is no accident Lamberg says that the Exxon Valdez Three Mile Island Chernobyl and Bhopal disasters occurred at night Or that doctors nurses pilots truckers train engineers and other workers make more mistakes sometimes fatal mistakes on the night shift Unlike many other countries the United States has no laws governing work and rest hours that acknowledge that when people sleep may be even more crucial than how long they sleep in determining their performance and well being *Bodyrhythms* makes a compelling argument for workplace reforms

Air Traffic Control: Human Performance Factors Anne R. Isaac, Bert Ruitenber, 2017-03-02 From the Foreword by Captain Daniel Maurino ICAO Air Traffic Control will remain a technology intensive system People controllers must harmoniously interact with technology to contribute to achieve the aviation system s goals of safe and efficient transportation of passengers and cargo This book considers human error and human factors from a contemporary and operational perspective and discusses the parts as well as the whole I hope you enjoy reading it as much as I did The motivation for writing this book comes from the author s long standing belief that the needs of Air Traffic Service personnel are inadequately represented in the aviation literature There are few references to air traffic control in many of the books written for pilots and about pilots and this is also observed at the main international conferences In line with the ICAO syllabus for human factors training for air traffic controllers the book covers the main issues in air traffic control with regard to human performance physiology including stress fatigue and shift work problems psychology with emphasis on human error and its management social psychology including issues of communication and working in teams the environment including ergonomic principles and working with new technologies and hardware and software issues including the development of documentation and procedures and a study of the changes brought about by advanced technologies

Throughout the text there are actual examples taken from the air traffic control environment to illustrate the issues discussed. A full bibliography is included for those who want to read beyond these issues. It has been written for all in air traffic services from ab initio to the boardroom. It is important that the men and women in senior management positions have some knowledge and awareness of the fundamental problems that limit and enhance human performance.

Ergonomics Laboratory Exercises Timothy Joseph Gallwey, Leonard O'Sullivan, 2008-11-19 Taking an application oriented approach these exercises encourage students to apply rigorous analyses to collected data and provide results through formal professional reports. The book contains nearly three dozen exercises covering workplace environment work analysis information processing physiological issues and systems evaluations. Some are pencil and paper exercises some are stopwatch studies some require special laboratory equipment and others are field exercises. The book gives technical background on each topic and provides equipment needs experimental design and data sheets as well as guidance on analysis and detailed instructions on report writing.

Handbook of Human Factors and Ergonomics in Health Care and Patient Safety Pascale Carayon, 2006-09-08 A complete resource this handbook presents current knowledge on concepts and methods of human factors and ergonomics and their applications to help improve quality safety efficiency and effectiveness in patient care. It provides specific information on how to analyze medical errors with the fundamental goal to reduce such errors and the harm to the patient.

Ergonomics Process Management James P. Kohn, 1998-07-07 This exceptional guidebook provides the strategies necessary to curtail ergonomic losses and costs associated with spiraling worker's compensation premiums and medical expenses of major concern in all businesses. Ergonomic Process Management is meant to be an application and implementation operator's manual. This one of a kind resource provides

Plain Language About Shiftwork, July 1997

Ergonomic Solutions for the Process Industries Dennis A. Attwood, Joseph M. Deeb Ph.D. CPE M.Erg.S., Mary E. Danz-Reece, 2004-01-24 Work related injuries such as back injuries and carpal tunnel syndrome are the most prevalent most EXPENSIVE and most preventable workplace injuries accounting for more than 647 000 lost days of work annually according to OSHA estimates. Such injuries and many others can be prevented in your facility by establishing an ergonomic design. This book shows you how to apply simple Ergonomic tools and procedures in your plant. Challenging worldwide regulations are forcing some companies to spend thousands of dollars per affected employee in order to comply. This book shows you how to comply with these regulations at a fraction of the cost in the most timely efficient method possible. Learn how to use the Human Factors Ergonomics tools in process industries. Identify and prioritize Ergonomic issues develop interventions and measure their effects. Apply Ergonomics to the design of new facilities.

Contemporary Sport, Leisure and Ergonomics Thomas Reilly, Greg Atkinson, 2009-03-24 Understanding the human operator is a central concern of both ergonomists and sport and exercise scientists. This cutting edge collection of international research papers explores the interface between physical cognitive and occupational ergonomics and sport and exercise science illuminating our

understanding of human factors at work and at play Drawing on a wide diversity of disciplines including applied anatomy biomechanics physiology engineering psychology and design the book explores themes of central importance within contemporary ergonomics and sport and exercise science such as performance health environment technology and special populations Contemporary Sport Leisure and Ergonomics establishes important methodological connections between the disciplines advancing the research agenda within each It is essential reading for all serious ergonomists and human scientists

Fundamentals of Occupational Safety and Health Mark A. Friend, James P. Kohn, 2014-06-23 The sixth edition of this popular handbook provides a thorough and up to date overview of the occupational safety and health field and the issues safety professionals face today and does so in an accessible and engaging manner Rail Human Factors Ann Mills, 2017-07-05 In recent years for reasons connected to the organization of the industry technical developments and major safety concerns rail human factors has grown in importance at an international level Despite its importance however supporting literature has been largely restricted to specialist journal publications and technical reports Rail Human Factors addresses this imbalance by providing the first fully comprehensive overview of the area The volume includes contributions from leading ergonomists psychologists sociologists management scientists and engineers whose common theme is to investigate understand and design for people on the railways including staff passengers and the general public Every area of ergonomics human factors is covered physical design of work and equipment in maintenance cognitive ergonomics in driving signalling and control organizational and social ergonomics in the way teams are formed plans are made and organizations are structured and run Topics covered include Systems views of rail human factors Driver models and performance Train and cab design Network and train control systems including ERTMS Signals and signal SPADS Signalling and control center design Signaller performance Control center interfaces Workload situation awareness team working Human error and reliability Timetabling and planning Maintenance planning and work Safety climate and safety culture Passenger comfort and behaviour Station design Public information systems Level crossings Trespass and vandalism Ergonomics standards and guidelines Human Factors integration The book is the definitive guide for all those concerned with making railways safer more

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