



How Can Our Health Habits Help?

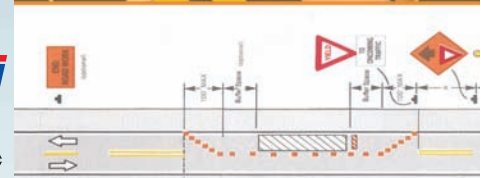
Night work is not normal. You must compensate and your health habits can make a huge difference. On the work site, eat protein-rich foods and avoid sugars and fats. Drink plenty of water and avoid caffeine.

At home, make sleep a priority. Follow a pre-sleep routine and have a light snack before bedtime. Keep daylight out, even if you have to install black out drapes.

Eat family meals together and plan daytime social activities. That way, you'll be ready for sleep when you come home from work.

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Night Work





What Are the Special Challenges of Night Work?

On the worksite, the challenges include:

- Poor visibility for motorists.
- Poor visibility for workers.
- Communication between shifts.
- Impaired or drowsy drivers.



Night work also causes physical and social disruptions, including:

- Sleep deprivation and disruption.
- Risk of injury from drowsiness.
- Impaired family or social relationships.

How Can We Protect Ourselves at Night?



Use special precautions at the work site for night work. Above all, you must increase visibility and know your surroundings.

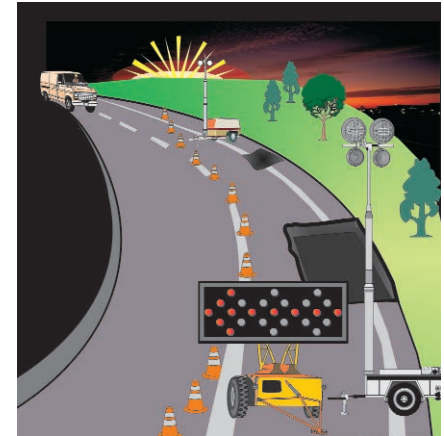
To increase visibility:

- Wear retro-reflective clothing. Retro-reflective clothing appears to light up when struck by headlights.
- Wear flashing lights on your body or clothing.
- Place retro-reflective tape on equipment.
- Use good work area lighting.

Know your surroundings:

- Know the vehicle and equipment paths.
- Know the assigned work areas.
- Know the safe paths to and from work.
- On foot, watch out for equipment.
- On equipment, watch out for workers.

Always provide clear signage. Space drums and cones closer together at night. For the best lighting, contrast the work lights from the warning lights.



Inspect the traffic control set up by test driving it to highlight problems and then inspecting it frequently.