

Shift Work and Injury Among Police Officers



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- ❑ **Police officers in the U.S. are fatigued due to erratic work hours, insufficient sleep (<6 hrs.)**
- ❑ **Involved in unpredictable situations that require decision-making skills.**



Fatigue may be a significant factor in many law enforcement collisions.

POST Driver Training study. California Commission on Peace Officers Standards and Training (2009).

SHIFT WORK, SLEEP, AND INJURY



Survival -estimates of not being injured across shifts

EXAMPLE:

34% for midnight shift

50% for afternoon shift

56 % for day shift

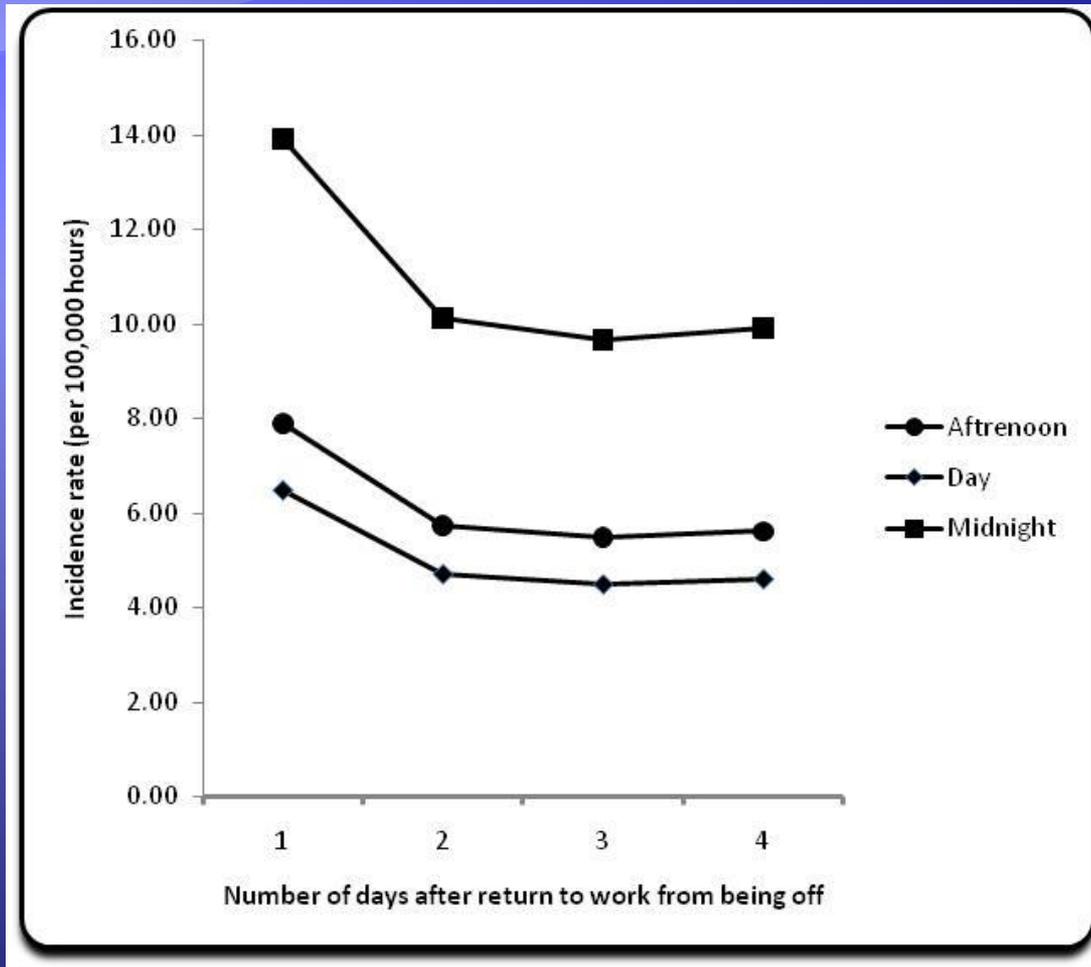
Violanti , et al ,2013

The extent of injury coming back to work after being off duty



Reuters / Joe Tan

Incidence of injury by shift and number of days back to work from being off duty



Is one length of shift
better than another ?



10-hour shifts advantages over 8-hour shifts:

- 30 minutes additional sleep per 24-hour period (180 hours more per year)
- Higher quality of work life

12-hour shifts : greater fatigue, lowered alertness.

Shifts / hours in excess of 48/week: greater risk for accidents and injuries.

Monitor overtime, off-duty employment, outside work

Amendola, et al
Police Foundation, 2011

what can be done to reduce shift work injuries?

Create a **culture** in which officers receive adequate information about the hazards associated with fatigue and shift work, and strategies for managing them.

Future Plans

Conduct Research On:

- Sleep Factors And Shift Work**
- Longitudinal Data On Injury Across Shifts**

