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.

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 .....
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