

MANAGING SHIFT WORK IN HEALTH CARE: THE BASICS

Shift work is necessary but potentially harmful to your health. A tremendous effort has been undertaken to understand the physiological disruption associated with shift work and how to modify shift workers behaviours to improve the tolerance to shift work.



This talk will cover the basics of sleep physiology and how sleep and circadian factors interact with shift work to create health and human performance problems. Insight into modifiable behaviours will be addressed and strategies for improving shift work tolerance will be provided.

- When:** September 26 6:30-8:00pm
Where: South Health Campus Wellness Centre
Cost: Free!
Other: Register at app.booking.ca/bkshcwellnesspub or call 403-956-3939

Program Presenter:
Dr. Charles Samuels MD, CCFP, DABSM, Medical Director,
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