

## Extended workdays: Effects on performance and ratings of fatigue and alertness

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The present investigation provided a laboratory test of long workdays and served as an initial step in developing a field-test battery that is sensitive to fatigue. Six subjects worked both a 12-h/4-day workweek and an 8-h/6-day week at a data-entry job simulation. Before and after the first and last days of each week, they completed a battery of brief tests measuring cognitive, perceptual-motor, task-sharing, motor, and sensory capacities, as well as subjective feelings. Results suggest that the 12-h/4-day week was more fatiguing than the 8-h/6-day week. In the data-entry job, it was easier to improve performance across the 8-h/6-day week. This result suggested that the fatigue of the 12-h days slowed the rate of improvement across the week. With respect to the test battery, two cognitive tasks (grammatical reasoning and digit addition) and several self-report scales also reflected greater fatigue in the 12-h/4-day week. Performance efficiency decreased and reports of drowsiness and lack of concentration increased from the beginning to the end of the final 12-h workday. On the basis of these results, it was concluded that the test battery has utility for the assessment of the potential fatigue effects of long workdays in actual work settings.

Employee demands for increased "usable" leisure time and evolving industrial needs for longer work shifts have stimulated interest in alternatives to the common 8-h/5-day workweek (e.g., Hedges, 1971). Alternative schedules often include work shifts longer than 8 h because the 5-day week is "compressed" into 4 days or fewer or because overtime is required. The increased use of longer workdays under such schedules has led to concerns about reduced job efficiency and related problems involving safety and health hazards attributable to cumulative fatigue. The literature on work scheduling (see Alluisi & Morgan, 1982, for a review) provides only a few clues about the effects of long workdays on performance efficiency or individual well-being.

Studies examining the effects of the compressed workweek have reported inconsistent changes (i.e., increases in some cases and decreases in others) in absenteeism (e.g., Campbell, 1980), worker satisfaction (e.g., Nord

& Costigan, 1973), and productivity (Ivancevich, 1974; Ivancevich & Lyon, 1977). Furthermore, it has been suggested that, in situations in which production levels have been maintained following conversion to a compressed schedule, this may have been at the expense of increased fatigue as reported by workers (Hodge & Tellier, 1975). In addition, there are few data on how the workers' subjective reports related to actual behavioral measures of work efficiency or safety. There are some reports (e.g., Ellingstad & Heimstra, 1970; Grandjean, Wotzka, Schaad, & Gilgen, 1971) of demonstrated declines in performance across a work shift of 8 or more hours, but these studies have not systematically compared different work schedules in terms of days worked or hours worked per day. Other researchers (see Alluisi & Morgan, 1982, for a review) have compared performance during various work schedules requiring 12 or 16 h of work per day. However, these studies usually have involved atypical work-rest cycles, such as 4 h on duty/4 h off duty, 4 h on/2 h off, or 6 h on/2 h off, which were designed to simulate military operations. The alteration of the normal sleep routine during such short work-rest schedules makes it difficult to apply the results of these studies to the long work-rest cycles, such as 10 h on/14 h off, common in some civilian occupations.

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# Effects Of Extended Workdays

**Pedro M. Arezes, João Santos  
Baptista, Monica P. Barroso, Paula  
Carneiro, Patrício Cordeiro, Nelson  
Costa, Rui B. Melo, A. Sergio  
Miguel, Gonçalo Perestrelo**

## Effects Of Extended Workdays:

*The Effects of Extended Workdays* Edith J. C. Josten, 2002      **Extended Workdays in Mining and Other Industries** J. C. Duchon, Thomas Jay Smith, 1994      Improving Safety at Small Underground Mines, 1994      **Patient Safety and Quality: sect.IV: Working conditions and environment** Ronda Hughes, 2008      *The Impacts of the Department of Transportation's Commercial Driver Hours-of-service Regulations* United States. Congress. House. Committee on Transportation and Infrastructure. Subcommittee on Highways and Transit, 2013      **The Handbook of Operator Fatigue** Gerald Matthews, P.A. Hancock, 2017-11-01

Fatigue is a recognized problem in many facets of the human enterprise. It is not confined to any one area of activity but enters all situations in which humans have to perform for extended intervals of time. Most problematic are the circumstances in which obligatory action is continuous and the results of failure are evidently serious or even catastrophic. Therefore the modern media especially highlights fatigue related failures in industries such as transportation, materials processing and healthcare. It can be and indeed is no coincidence that most of the spectacular failures in process control that have resulted in the world's largest industrial accidents have occurred in the small hours of the morning when the circadian rhythm is lowest and operator fatigue itself peaks. While there have been legislative efforts made at state, federal and international levels to regulate working hours of employees, the appropriate implementation of such legislation is still a long way off. The Handbook of Operator Fatigue provides a comprehensive account of the subject to serve as the definitive reference work for researchers, students and practitioners alike. The volume features 30 chapters written by experts from around the world to address each important facet of fatigue, including the scale of the fatigue problem. Section I: the nature of fatigue; Section II: how to assess fatigue; Section III: the impact of fatigue on health; Section IV: fatigue in the workplace; Section V: the neurological basis of fatigue; Section VI: sleep disorders; Section VII: and the design of countermeasures to fatigue; Section VIII: The Evolution of Employment, Working Time and Training in the Mining Industry, 2002. Examines trends from 1985-2001.      **Time in Organizational Research** Robert A. Roe, Mary J. Waller, Stewart R. Clegg, 2008-09-09. Pt 1: Managing time, people and practices; pt 2: Managed by time structures and regimes; pt 3: Combining perspectives.      Patty's Toxicology, 6 Volume Set Eula Bingham, Barbara Cohrssen, 2012-07-31. Featuring the improved format used in the 5th edition, this updated set presents in logical groupings comprehensive toxicological data for industrial compounds, including CAS numbers, physical and chemical properties, exposure limits and biological tolerance values for occupational exposures, making it essential for toxicologists and industrial hygienists. This edition has about 40% new authors who have brought a new and international perspective to interpreting industrial toxicology and discusses new subjects such as nanotechnology, flavorings and the food industry, reactive chemical control, comprehensive chemical policy, metalworking fluids and pharmaceuticals.

**Motorcoach Industry Hours of Service and Fatigue Management Techniques** John F. Brock, 2005. TRB's Commercial Truck and Bus Safety Synthesis Program. CTBSSP Synthesis 7: Motorcoach Industry Hours of Service and Fatigue.

Management Techniques identifies and documents the unique features of the extended workday that typifies motorcoach operations and identifies techniques that motorcoach managers front line employees and drivers use to reduce fatigue related incidents resulting from the irregular on duty conditions facing the motorcoach driver The synthesis also identifies current and emerging technologies that may be appropriate for motorcoach operations to offset the effects of the extended workday and fatigue inducing environment

**New Publications from the MSHA Informational Service Library** Safety and Health Technology Center (Denver, Colo.). Informational Service Library,1990

*Occupational Safety and Hygiene VI* Pedro M. Arezes,João Santos Baptista,Monica P. Barroso,Paula Carneiro,Patrício Cordeiro,Nelson Costa,Rui B. Melo,A. Sergio Miguel,Gonçalo Perestrelo,2018-03-14 Occupational Safety and Hygiene VI collects recent papers of selected authors from 21 countries in the domain of occupational safety and hygiene OSH The contributions cover a wide range of topics including Occupational safety Risk assessment Safety management Ergonomics Management systems Environmental ergonomics Physical environment Construction safety and Human factors Occupational Safety and Hygiene VI represents the state of the art on the above mentioned domains and is based on research carried out at universities and other research institutions Some contributions focus more on practical case studies developed by OSH practitioners within their own companies Hence the book provides practical tools and approaches currently used by OHS practitioners in a global context

**The Impact of Regulation on U.S. Manufacturing** United States. Congress. House. Committee on Government Reform. Subcommittee on Regulatory Affairs,2005 Tigers discusses the life of tigers and profiles different types of tigers along with providing facts about habitat hunting practices diet and more Also includes records on tigers

**Physical and Biological Hazards of the Workplace** Gregg M. Stave,Peter H. Wald,2016-11-14 Completely updated version this classic reference covers both physical hazards and biological agents Provides updated information on protecting workers from proven and possible health risks from manual material handling extremes of temperature and pressure ionizing and non ionizing magnetic fields radiation shiftwork and more Details major changes in our understanding of biological hazards including Ebola Chikungunya Zika HIV Hepatitis C Lyme disease MERS CoV TB and much more All infectious diseases have been updated from an occupational health perspective Includes practical guidance on to how to set up medical surveillance for hazards and suggests preventive measures that can be used to reduce occupational diseases

**Human Mental Workload: Models and Applications** Luca Longo,Maria Chiara Leva,2020-11-23 This book constitutes the refereed proceedings of the 4th International Symposium on Human Mental Workload Models and Applications H WORKLOAD 2020 held in Granda Spain in December 2020 The volume presents one keynote paper as well as 13 revised full papers which were carefully reviewed and selected from 22 submissions The papers are organized in two topical sections on models and applications The conference was held virtually due to the COVID 19 pandemic

*Interventions, Controls, and Applications in Occupational Ergonomics* William S. Marras,Waldemar Karwowski,2006-02-02 Completely revised and updated taking the

scientific rigor to a whole new level the second edition of the Occupational Ergonomics Handbook is now available in two volumes This new organization demonstrates the enormous amount of advances that have occurred in the field since the publication of the first edition The editors have brought together *The Twenty-four Hour Workday*, 1981 **Biological Rhythms** DIANE Publishing Company, 1994-04 Discusses biological rhythms what they are how they are controlled by the brain and the role they play in regulating physiological and cognitive functions The major focus of the report is the examination of the effects of nonstandard work hours on biological rhythms and how these effects can interact with other factors to affect the health performance and safety of workers Over 100 photos drawings charts and tables Annual Review of Nursing Research, Volume 28 Annette Debisette, 2011-04-22 Annotation Internationally recognized experts critically examine the full gamut of literature on key topics in nursing practices including nursing theory care delivery nursing education and the professional aspects of nursing **Paramedic Principles and Practice ANZ - E-Book** Hugh Grantham, 2015-04-29 Paramedic Principles and Practice ANZ A clinical reasoning approach explores the principles of clinical practice for paramedics working in Australia and New Zealand today The text is an invaluable resource for both students and paramedics working in the emergency environment where critical decisions must be made quickly and confidently Organised into three sections Paramedic Principles Paramedic Practice and Essential Knowledge this resource promotes an understanding of basic physiology clinical decision making and application to practice It emphasises the importance of professional attitudes and behaviours clinical competence teamwork and communication skills equipping the reader with the skills required to become an effective paramedic First paramedic specific text for Australia and New Zealand Evidence based clinical decision making model A wealth of detailed case studies that help bridge the gap from principles to practice More than 40 essential pathologies covering common paramedic call outs Focus on the wellbeing of the patient and the paramedic Appendices comprising a professional role guide and medications commonly encountered in the paramedic setting

The Top Books of the Year Effects Of Extended Workdays The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of popular books, exploring the engaging narratives that have captivated audiences this year. The Must-Read : Colleen Hoover's "It Ends with Us" This heartfelt tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover masterfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Effects Of Extended Workdays : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This mesmerizing coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens weaves a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These popular novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a masterful and thrilling novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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