Shift Work — Hospitality Stats and Facts

FACTS

Here are some factors that can impact shift work at hotels:

- 1. Fatigue due to irregular work hours and disrupted sleep patterns.
- 2. Stress from managing shifting schedules and dealing with demanding guests.
- 3. Physical strain, especially in roles involving housekeeping and kitchen tasks.
- 4. Increased risk of accidents due to fatigue and decreased alertness.
- 5. Social and family disruptions caused by limited time for personal life.
- 6. Poor work-life balance leading to stress, burnout, and reduced job satisfaction.
- 7. Health issues like sleep disorders, digestive problems, and cardiovascular diseases.

STATS

307,000 work-related injury claims associated with shift work represented more than \$50.5 million in costs to Canada's workers' compensation system.

Researchers found that working a 12-hour shift rather than an eight-hour shift increases the risk of injury, again by 25-30 per cent with risk increasing evenly over four consecutive shifts. The study found that shift workers reported higher levels of chronic fatigue as a result of the disturbance of biological rhythms that occur during shift work.

Researchers have reported the following increases in risk:

- A 9% increase in the relative risk of a needlestick for nurses working 12 or more hours per day, compared with those working 8 hours per day.
- A 3-fold increase in risk of sharp injuries for medical residents, associated with long hours and sleep deprivation.
- Double the risk for injury with sharp objects when medical residents worked night shifts and a 61% higher risk when working extended hours.

Work schedule patterns with higher risks for worker error and injury:

- Compared with regular day shifts starting after 7:00 a.m.,
 risks for accidents and errors increase for these:
 - Night shifts, by 28%.
 - Evening shifts, by 15%.
- Compared with 8-hour shifts, risks for accidents and errors increase for these:
 - 10-hour shifts, by 13%.
 - 12-hour shifts, by 28%.