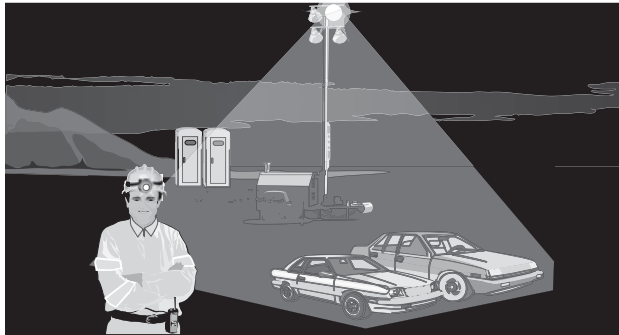


How Do We Work Safely at Night?



Follow these steps:

- Know location of and safe route(s) to employee parking, restrooms and other facilities. If safe routes are not present, notify supervisor immediately.
- Know where to park and a safe route to your work station.
- Be familiar with general safety rules for your project.
- Be aware of project-specific hazards — electrical hazards, fall hazards, hazardous materials, excavation, etc.
- Know which supervisors are responsible for safety and who to contact with any questions or to report problems.

How Do We Minimize Sleep Loss?

Here are some recommended measures:

- Maintain strict sleep schedule, make sleep a priority.
- During night: eat small protein-rich meals, avoid fats and sugars.
- Drink water at night even though you are not in the sun.
- Minimize caffeine at night to help you sleep during the day.
- Keep daylight out of sleep room with heavy curtains, foil, and blinds.

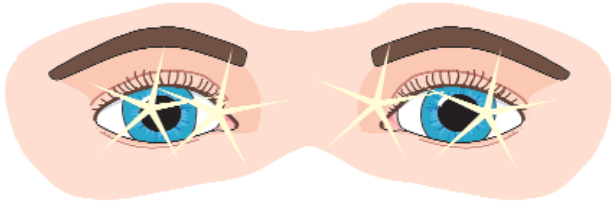
On the family calendar:
record your night work
schedule, sleep
schedule, and
days off to help
communicate with
family and friends.



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Night Work Risks





Why Is Night Work Hazardous?

Night work poses special hazards:

- Reduced visibility for motorists.
- Bright work lights produce glare.
- Alcohol, drug impaired, drowsy drivers.
- Drivers, pedestrians, workers less alert and more likely to be tired.



- Lower traffic volume results in higher speeds.
- Increased truck traffic.
- Daytime hazards are compounded by darkness.
- Workers less visible.
- Decreased visibility causes trips, falls, runovers, backovers.

What Are Key Safety Enhancements?



Safety enhancements improve human performance:

- Retroreflective high visibility apparel meeting ANSI / ISEA 107-2004 - Class 3* to improve visibility.
- Signs, channelizing devices, other hardware set up to account for longer reaction times in low light.
- Temporary work zone lighting to ensure good visibility.
- Temporary lighting set to avoid glare and shadows for motorists, equipment drivers, workers.
- Increased visibility of work vehicles, equipment, materials, hazards.

- ITCP (Internal Traffic Control Plan) for construction vehicles, workers on foot.
- Work schedules set up to allow enough sleep.
- Police presence/enforcement.



* **ANSI/ISEA - American National Standards Institute / International Safety Equipment Association**

Class 3 Apparel: For work when exposed to high speed traffic and/or conditions where visibility of workers may be reduced. For conditions where equipment operators perform tasks near pedestrian workers. Worker must be conspicuous through a full range of body motions at a minimum of 1,280 feet and identifiable as a person. Examples are flaggers, roadway construction workers, utility survey crews, and emergency responders.