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FOR IMMEDIATE RELEASE

March 20, 2015

MARCH 20TH IS SHIFT WORK RECOGNITION DAY IN SASKATCHEWAN

The Province of Saskatchewan has once again officially recognized March 20th as Shift Work Recognition Day.

"I would like to thank the Saskatchewan Government for observing Shift Work Recognition Day, and identifying the important role shift workers play in our province, said Larry Hubich, president of the Saskatchewan Federation of Labour (SFL), "the SFL has been working with the province and communities to get Shift Work Recognition Day declarations signed for many years, and I'm happy with the progress we've been making," he added.

Shift workers provide valuable services to Saskatchewan people in many different sectors – representing both union and non-union employees. While observing the many benefits that shift workers provide for Saskatchewan, it is important to also bring awareness to the risks and challenges associated with being a shift worker.

Those who work shifts lose, on average, 1.5 to 2 hours of sleep per day, as they often have to sleep during daylight hours and the sleep they do get can be fragmented and disrupted. This can lead to safety risks while on the job, and serious health challenges such as forms of sleep disorders. In addition to sleep disorders, shift workers are also highly susceptible to stomach and digestive problems as a result of irregular eating habits.

"Shift work is a health issue, and Shift Work Disorder is a recognized medical condition that can occur when a worker's circadian rhythm is disrupted due to fragmented work schedules," said Lori Johb, Chair of the SFL Occupational Health and Safety Committee, "mental health and family life can also suffer as a result of working shifts, so it's important that employers and governments recognize these issues and take steps to address them," she added.

In addition to the Province of Saskatchewan, Shift Work Recognition Day 2015 declarations have been signed by the following cities: Regina, Saskatoon, Prince Albert, Moose Jaw, North Battleford, Weyburn, and Yorkton.

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The SFL represents over 100,000 working people across the province in 37 affiliated unions.

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