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HEALTH PROMOTION INTERVENTIONS FOR INDUSTRIAL SHIFTWORKERS

AIM: To develop and implement "help to self-help" strategies, to reduce the negative influences of shift work on the industrial employee.

METHOD: On the initiative of the OHS, work groups were set up to discuss solutions for improvements for shift workers within the following areas: Senior Policy, Communication, Nutrition and Psychosocial care. The groups comprised of a cross section of the organisation and management, and included managers, safety representatives and shop stewards. The OHS is co ordinator of the project. A questionnaire consisting of 84 points to establish the level of communication /level of interest was sent to 217 shift workers. Response rate was 90%. Strategies for improvement were implemented and a control investigation has been carried out. The 3 existing canteens have been relaunched as attractive restaurants. Focus is on nutrition and well being.

RESULTS: A policy for senior shift workers has been adopted. Strategies to improve communication have been effective and the café system provides attractive surroundings and the opportunity to relax and eat nutritious food together with colleagues.