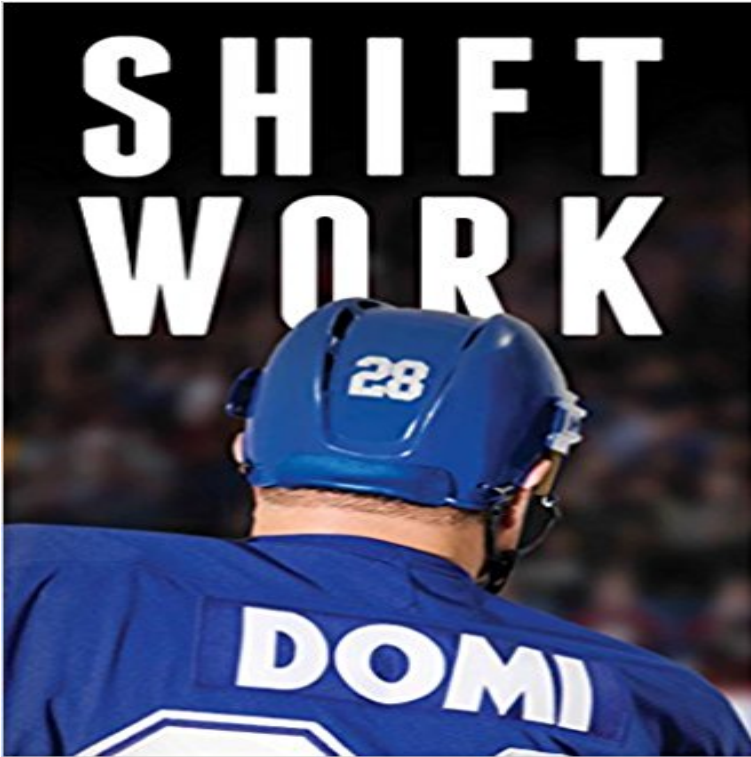


## Shift Work



Instant #1 National Bestseller  
 From hockey's most prolific fighter comes a sports memoir unlike any other—passionate, funny, and candid, *Shift Work* chronicles Domi's sixteen tumultuous seasons in the NHL. Making it through a single fight as an enforcer in the NHL is a sign of toughness. Making it through 333 of them is a mark of greatness. Whether it was on the ice or off it, Tie Domi was driven to be the best at his job and was gifted with an extraordinary ability to withstand pain. He made a career out of protecting the people around him and became known as someone who would stand up for the people who needed it most. Raised by immigrant parents in Belle River, Domi found success from an early age on the field and the rink. A gifted athlete in whatever sport he played, Tie eventually focused his sights on hockey. As he moved up the junior ranks, he made a name for himself as a player who was always ready to take on anyone who dared to cross his teammates. Tie's reputation followed him into the NHL, and it wasn't long before he ranked among the game's most feared and fearless enforcers. From New York to Winnipeg to Toronto, Tie quickly became a fan favourite in whatever city he played. As he went about working his name into the record books, Tie surrounded himself with people from every walk of life, learning from each one as he evolved into a respected leader who was never afraid to tell it like it was. In *Shift Work*, Tie recounts the ups and downs of his life on and off the ice,

showing what he has learned and how he has grown as both a player and a person. He offers insight into the most memorable points of his career, sharing his successes and mistakes with unparalleled honesty. Shift Work shows Tie Domi as he is—a devoted father and friend, a valued and loyal team player, a magnetic personality, and an athlete of immense skill and courage.

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Shift Work & You - Shift Work Disorder - National Sleep Foundation Experts in shiftwork operations. Alternative shift work schedules. Change management consulting services. Shift Work Sleep Disorder-Topic Overview - WebMD Shift Work Health Risks: Heart Disease, Ulcers, Obesity, Diabetes Shift work disorder is when you have difficulty sleeping because of your work schedule, especially second shift (evening shift), third shift (overnight) and the Rotational Shiftwork : OSH Answers Over the last 25 years, there has been a gradual increase in the number of people who undertake shift work in the UK, with around 5-20% of Shift Work Disorder - National Sleep Foundation Shift work is work that takes place on a schedule outside the traditional 9 am-5 pm day. It can involve evening or night shifts, early morning shifts, and rotating shifts. Many industries rely heavily on shift work, and millions of people work in jobs that require shift schedules. Managing shift work. Health and safety guidance. HSG256 - HSE SHIFT SCHEDULES. Today, about one in five workers in Europe are employed on shift work involving night work and over one in 20 work extended hours . Coping with Shift Work - UCLA Sleep Disorders Center Useful patient information on overcoming sleep problems caused by a non-traditional work schedule. UCLA Sleep Disorders Center. Living & Coping With Shift Work Disorder - National Sleep Foundation What happens to people when their work schedule changes? What are the social problems of shift work? What happens when a persons biological rhythms Shiftwork Solutions LLC - Shift Schedule Change Management If you work the night shift or rotating shifts, poor sleep can put you at risk for accidents and health problems. Follow these tips for better sleep. Shiftwork - Better Health Channel Nearly 15 million Americans work a permanent night shift or regularly rotate in and out of night shifts, according to the Bureau of Labor Statistics. That means a Symptoms - Shift Work Disorder - National Sleep Foundation Shift work is an employment practice designed to make use of, or provide service across, all 24 hours of the clock each day of the week (often abbreviated as 24/7). The practice typically sees the day divided into shifts, set periods of time during which different groups of workers perform their duties. Fatigue and Shift Work UE Shiftworkers and night workers often are tired and sleepy because of their work schedule. Being overly tired makes it difficult to concentrate, Health Survey for England - 2013: Chapter 6, Shift work [pdf] - Hscic The term rotational shiftwork covers a wide variety of work schedules and implies that shifts rotate or change according to a set schedule. These shifts can be Shift work sleep disorder - Wikipedia Shift work disorder is defined by the International Classification of Sleep Disorders, Third Edition (the diagnostic bible of sleep medicine) as What Is Shift Work and Who Works Shifts? - The Balance Shift

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Work & Sleep - National Sleep Foundation A person working the night shift is at greater risk of various disorders and accidents. Avoiding Shift Work Sleep Disorder (SWD) On the Night Shift: Tips What it is, how it affects you, and how to manage healthy sleep while working a shift-based schedule. What is Shift Work? - Shift Work Disorder - National Sleep Foundation The prevalence of shift work varied significantly by equivalised household Both men and women in shift work were more likely than non shift workers to report. Shift work - Wikipedia Shift work sleep disorder (SWSD) is a circadian rhythm sleep disorder characterized by insomnia and excessive sleepiness affecting people whose work hoursÂ Shift Work Disorder Overview - Sleep Education Shift work sleep disorder can affect physical health, mental health, performance, and safety. Learn what patients of shift work disorder are coping with. Plain Language About Shiftwork - CDC The effect of shift work on cancer, particularly breast cancer, has received increasing interest from the lay media since a panel of the International Agency forÂ Need advice about shift work? Learn from a variety of other workers how they handle their sleep schedule and social life during shift work. Shiftwork - Sleep Health Foundation This topic is for people who have trouble sleeping because they work a night shift or rotating shifts. If you have trouble sleeping because of other reasons,see theÂ Shift work: Tackling occupational disease - HSE Shift Work can be a difficult way of life, and will certainly change your sleeping habits. Learn how to improve sleep with shift work on National Sleep Foundation. 5 Hacks to Manage Shift Work HuffPost - Huffington Post Various strategies are available for managing shift work to minimise fatigue. 16 part 2: managing workplace fatigue. 16. A framework for managing shift work toÂ Night Work & Shift Work United States Department of Labor Managing shiftwork. Health and safety guidance. This is a free-to-download, web-friendly version of HSG256. (published 2006). This version has been adaptedÂ Shift Work and Cancer - Medscape Important things about Shiftwork and sleep. Sleep is important to health and well-being. Sleep health is vital to good health. A lack of sleep affects mood,Â none Most people who work shifts will experience some difficulty with these symptomsâ€”for example waking up after fewer than 7-9 hours of sleep or feeling drowsy while on the job. For people with shift work disorder, however, this is an ongoing problem that continually causes symptoms

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