What Are the Special Challenges?

Night operations change the work environment.

On the worksite
- Poor visibility for motorists
- Poor visibility for workers
- Communication between shifts
- Impaired or drowsy drivers

Physical and social disruptions
- Sleep disruption
- Risk of injury from drowsiness
- Impaired family or social relationships
How Can We Protect Ourselves at Night?

Use **SPECIAL PRECAUTIONS** at the site for night work.

**Increase visibility**
- Retro-reflective clothing
- Flashing lights on body/clothing
- Retro-reflective tape on equipment
- Good work area lighting

**Know your surroundings**
- Vehicle and equipment paths
- Assigned work areas
- Safe paths to/from work locations
- On foot, watch out for equipment
- On equipment, watch for workers
How Can We Protect Ourselves at Night?

**Use special precautions** at the site for night work.

- Provide clear signage
  - Position signs for best visibility
  - Use changing message/arrow signs
  - Space drums, cones closer
  - Proper lighting, contrast work lights from warning lights

- Inspect traffic control setup
  - Test drive to highlight problems
  - Inspect frequently
How Can Our Health Habits Help?

Night work is not normal. You must compensate.

On the worksite
- Eat protein-rich meals, avoid sugars and fats
- Drink water, avoid caffeine

At home
- Make sleep a priority
- Follow a pre-sleep routine
- Have light snack before bed
- Keep daylight out
- Eat family meals together
- Plan daytime social activities