

FIRST SESSION - TWENTY-SEVENTH LEGISLATURE

of the

# Legislative Assembly of Saskatchewan

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## DEBATES and PROCEEDINGS

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(HANSARD) Published under the authority of The Honourable Dan D'Autremont Speaker

N.S. VOL. 54 NO. 22A TUESDAY, MARCH 27, 2012, 1:30 p.m.

### **Shift Work Recognition Day**

Mr. Forbes: — Thank you, Mr. Speaker. Mr. Speaker, March 20th has been proclaimed Shift Work Recognition Day, and many communities, including Prince Albert, Saskatoon, Regina, Yorkton, Moose Jaw, North Battleford, officially mark the day.

Sandy Weyland, Chair of the Saskatchewan Federation of Labour shift work committee said, and I quote:

People that do shift work provide our communities with valuable services but often at the expense of their own health. I'm extremely pleased that a number of communities in our province have agreed to recognize individuals that do shift work by proclaiming a day in their honour.

Mr. Speaker, almost one-third of Canadian workers are involved in some kind of shift work. Unfortunately, studies like the 2010 study at the University of British Columbia found that people that do shift work are almost twice as likely to be injured on the job and that women in particular are susceptible to problems related to shift work, including sleep deprivation and depression.

Mr. Speaker, the SFL [Saskatchewan Federation of Labour] shift work committee works to achieve a healthier lifestyle and workplace through research, education, contract language, legislation, and heightened awareness of workers along with their respective employers. They have hosted a number of conferences focusing on the stresses of shift work and offer many tools needed to deal with shift work and societal issues.

Mr. Speaker, I ask all members to join with me in recognizing Shift Work Recognition Day in appreciation, and a big thank you to all the shift workers here in Saskatchewan. Thank you.