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Shift Work Recognition Day

Mr. Forbes: Mr. Speaker, March 20th has been proclaimed Shift Work Recognition Day, and this weekend the Saskatchewan Federation of Labour shift work committee is holding the fourth annual Innovative Conference on Shift Work.

The conference attendees will have a chance to learn about the revolutionary shift work optimization protocol, which targets strategies specifically to the worker, their schedule, and workplace. They will learn strategies to improve diet and nutrition, manage stress, schedule transitions, driving and fatigue management, women and family issues, shift work sleep disorder, and negotiating contract language.

Mr. Speaker, almost one-third of Canadian workers are involved in some kind of shift work. Shift work has long been linked to sleep deprivation, which causes a great range of problems including depression and a much greater risk of injury on the job. A 2010 study at UBC [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 are particularly susceptible to problems related to shift work and sleep deprivation.

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

Mr. Speaker, I ask all members to join me today in recognizing Shift Work Recognition Day in appreciation and thanks to all the shift workers here in our province of Saskatchewan. Thank you.