How Do We Work Safely at Night?

Follow these steps:

• Know location of and safe route(s) to employee parking, restrooms and other facilities. If safe routes are not present, notify supervisor immediately.

• Know where to park and a safe route to your work station.

• Be familiar with general safety rules for your project.

• Be aware of project-specific hazards — electrical hazards, fall hazards, hazardous materials, excavation, etc.

• Know which supervisors are responsible for safety and who to contact with any questions or to report problems.

How Do We Minimize Sleep Loss?

Here are some recommended measures:

• Maintain strict sleep schedule, make sleep a priority.

• During night: eat small protein-rich meals, avoid fats and sugars.

• Drink water at night even though you are not in the sun.

• Minimize caffeine at night to help you sleep during the day.

• Keep daylight out of sleep room with heavy curtains, foil, and blinds.

On the family calendar: record your night work schedule, sleep schedule, and days off to help communicate with family and friends.
Why Is Night Work Hazardous?

Night work poses special hazards:
- Reduced visibility for motorists.
- Bright work lights produce glare.
- Alcohol, drug impaired, drowsy drivers.
- Drivers, pedestrians, workers less alert and more likely to be tired.

What Are Key Safety Enhancements?

Safety enhancements improve human performance:
- Retroreflective high visibility apparel meeting ANSI / ISEA 107-2004 - Class 3* to improve visibility.
- Signs, channelizing devices, other hardware set up to account for longer reaction times in low light.
- Temporary work zone lighting to ensure good visibility.
- Temporary lighting set to avoid glare and shadows for motorists, equipment drivers, workers.
- Increased visibility of work vehicles, equipment, materials, hazards.

- ITCP (Internal Traffic Control Plan) for construction vehicles, workers on foot.
- Work schedules set up to allow enough sleep.
- Police presence/enforcement.

* ANSI/ISEA - American National Standards Institute / International Safety Equipment Association

Class 3 Apparel: For work when exposed to high speed traffic and/or conditions where visibility of workers may be reduced. For conditions where equipment operators perform tasks near pedestrian workers. Worker must be conspicuous through a full range of body motions at a minimum of 1,280 feet and identifiable as a person. Examples are flaggers, roadway construction workers, utility survey crews, and emergency responders.