

Stress that Accompanies Shiftwork

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Shiftwork in law enforcement is here to stay. Citizens need law enforcement protection on a 24-hour basis, and prisons and jails require 24-hour staffing. Rotating shifts are disruptive to families, and often create stress in the shift worker. Acknowledgement of the potential for medical problems including psychological problems, workplace safety issues, and morale is the first step toward an effective solution. This research defines stress, identifies indicators of stress, and discusses consequences of negative stress, especially that associated with shiftwork.