

# 4-3 (10-HOUR) WORK SCHEDULE

TEAM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	HOURS
1		1st	1st	1st	1st				2nd	2nd	2nd	2nd				3rd	3rd	3rd				120
2	3rd				1st	1st	1st	1st				2nd	2nd	2nd	2nd					3rd	3rd	120
3		3rd	3rd	3rd	3rd				1st	1st	1st	1st				2nd	2nd	2nd	2nd			120
4	2nd				3rd	3rd	3rd	3rd				1st	1st	1st	1st					2nd	2nd	120
5		2nd	2nd	2nd	2nd				3rd	3rd	3rd	3rd				1st	1st	1st	1st			120
6	1st				2nd	2nd	2nd	2nd				3rd	3rd	3rd	3rd					1st	1st	120

## PATTERN

- Four 10-hour first shifts, 3 days off
- Four 10-hour second shifts, 3 days off
- Four 10-hour third shifts, 3 days off

## SHIFTS



1st: 7 AM - 5 PM



2nd: 1 PM - 11 PM



3rd: 11 PM - 7 AM

# What Work Is

**Padhraic Smyth**



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