

Pattern 1

Early – 10 hours – 0600 – 1600 hrs

Late – 9 hours – 1400 to 2300 hrs

Late – 9.5 hours – 1400 – 2330 hrs (occasionally)

Night – 9.5 hours – 2130 – 0700 hrs

Early	Early	Late	Late	Night	Night	RDO	RDO	RDO	RDO	Early	Early	Late	Late	Night	Night	RDO	RDO	RDO	RDO
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Pattern 2

Early – 9 hours – 0700 to 1600 hrs

Late – 9 hours – 1400 to 2300 hrs (occasionally)

Late – 8 hours – 1500 to 2300 hrs

Early	Early	Early	Late	Late	Late	RDO	RDO	RDO	Early	Early	Early	Late 9 hr	Late	Late	RDO	RDO	RDO
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