

# GORDON · EDELSTEIN · KREPACK GRANT · FELTON · GOLDSTEIN, LLP

WORKERS' COMPENSATION AND PERSONAL INJURY ATTORNEYS

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## Shift Work Can Be Hazardous to Your Health

There's a good reason why man invented the snooze button. Sleep is essential for the mind, body and spirit, and the more of it you can slip into your schedule, the better. But when your inner alarm clock doesn't match the confines of the work world on a regular basis, as is often the case for those who perform shift work, serious health conditions can result. The medical profession classifies these conditions as part of a Shift Work Disorder (SWD).

Shift work can be defined as permanent or intermittent night work, early morning work or rotating schedules. Police officers are among the estimated 8.6 million people in the United States who perform shift work each year.

In essence, shift work disrupts the circadian rhythm—the internal body clock that is linked to natural

daylight and darkness—and makes it difficult to stay awake during waking hours or to fall asleep during sleeping hours.

Experts agree that shift work can affect one's mental and physical health and lead to the following:

- Cardiovascular disease
- Diabetes
- Obesity
- Depression and mood disorders
- Gastrointestinal conditions
- Fertility and pregnancy problems
- Cancer

A workplace injury or illness that occurs over time, referred to as a continuous trauma or repetitive trauma injury claim, can include injuries or illnesses stemming from SWD. Therefore, a person suffering from SWD and its effects may be eligible for a full range of Workers' Compensation benefits.

Because these illnesses can significantly impair one's ability to function both on and off the job, it is imperative for injured workers to seek representation from an experienced attorney who keeps updated on the ever-changing Workers' Compensation laws. This is particularly important in cancer and cardiovascular disease/heart trouble cases, where there may be a legal finding, called a presumption, that will help prove that work played a role in causing the disease.

The law firm of Gordon, Edelstein, Krepack, Grant, Felton and Goldstein, LLP provides free, confidential consultations for those considering legal representation in a Workers' Compensation case. If you have any questions, please call us at 213-739-7000.



Pursuant to Labor Code Section 5432(a), making a false or fraudulent workers' compensation claim is a felony subject to up to 5 years in prison or a fine of up to \$50,000 or double the value of the fraud, whichever is greater, or by both imprisonment and fine.