



CICLO DE CONFERÊNCIAS 2014/2015

A CIÊNCIA QUE POR CÁ SE FAZ

ISPA - INSTITUTO UNIVERSITÁRIO



IMPLICATIONS OF MAN-MADE DISTURBANCES TO CIRCADIAN RHYTHMS TO OCCUPATIONAL HEALTH AND PERFORMANCE

Circadian rhythms refer to the oscillations of physiological and biochemical processes and behaviors in a period of 24 hours. These rhythms can be observed in a wide variety of species and are coordinated with the daily cycles of daylight and darkness that result from the rotation of Earth. Although circadian rhythms are endogenous, they are entrained to the local environment by external cues as daylight.

Following a presentation of the main circadian physiological processes, the repercussions of disturbances daily rhythms are presented. Although shiftwork as long been identified as one of the major man-made disturbances to circadian rhythms, the diversification of working time patterns in contemporary societies is today recognized as a risk for health, safety and social well-being. Although shiftwork, on-call labor, early calls and overtime either by working late in the evening and/or at weekends may grant organizations with the necessary flexibility to extend the hours of service, the cumulative fatigue associated with long and irregular working hours constitute an intermediate condition that precipitates adverse occupational health and safety events. The paper reviews the major repercussions of man-made disturbances in occupational settings and relevance of existing mitigating strategies.

17 NOVEMBRO 2014

12H30

AUDITÓRIO 1

ENTRADA LIVRE



Teresa C. D'Oliveira

ISPA - Instituto Universitário

ISPA



CI

CENTRO DE INVESTIGAÇÃO

Rua Jardim do Tabaco, 34
1149 - 041 Lisboa

T. 218 811 700
F. 218 860 954

ci@ispa.pt
www.ispa.pt

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