

6 on 4 off Shift Pattern

10 days repeating pattern · 8 hour shifts · 5 teams

2 day shifts, 2 night shifts, 4 days off

	Week 1							Week 2			
	1	2	3	4	5	6	7	8	9	10	
Team 1	D	D	E	E	N	N					48 hours
Team 2			D	D	E	E	N	N			48 hours
Team 3					D	D	E	E	N	N	48 hours
Team 4	N	N					D	D	E	E	48 hours
Team 5	E	E	N	N					D	D	48 hours

D

Day shift

E

Evening shift

N

Night shift

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