

CONTINENTAL SHIFT WORK SCHEDULE

COMPANY NAME	
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START DATE	Jan-01-24
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DAY SHIFT	7 AM - 3 PM
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SWING SHIFT	3 PM - 11 PM
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NIGHT SHIFT	11 PM - 7 AM
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Teams	01/01	02/01	03/01	04/01	05/01	06/01	07/01	08/01	09/01	10/01	11/01	12/01	13/01	14/01	15/01	16/01	17/01	18/01	19/01	20/01	21/01	22/01	23/01	24/01	25/01	26/01	27/01	28/01
	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Team 1	Day	Day	Swing	Swing	Night	Night	Night			Day	Day	Swing	Swing	Swing	Night	Night			Day	Day	Day	Swing	Swing	Night	Night			
Team 2			Day	Day	Swing	Swing	Swing	Night	Night			Day	Day	Day	Swing	Swing	Night	Night				Day	Day	Swing	Swing	Night	Night	Night
Team 3	Night	Night			Day	Day	Day	Swing	Swing	Night	Night				Day	Day	Swing	Swing	Night	Night	Night			Day	Day	Swing	Swing	Swing
Team 4	Swing	Swing	Night	Night				Day	Day	Swing	Swing	Night	Night	Night			Day	Day	Swing	Swing	Swing	Night	Night			Day	Day	Day

APPROVED BY	
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SIGNATURE	
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