

The 6 On 2 Off Shift Pattern — Tommy

Cycle length: 24 days · Shift length: 8 hours · Average hours per week: 42 hours

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	
Team A	Day	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	Evening	Evening	Off	Off	Night	Night	Night	Night	Night	Night	Off	Off	
Team B	Off	Off	Evening	Evening	Evening	Evening	Evening	Evening	Off	Off	Night	Night	Night	Night	Night	Night	Off	Off	Day	Day	Day	Day	Day	Day	
Team C	Evening	Evening	Off	Off	Night	Night	Night	Night	Night	Night	Off	Off	Day	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	
Team D	Night	Night	Night	Night	Off	Off	Day	Day	Day	Day	Day	Day	Day	Off	Off	Evening	Evening	Evening	Evening	Evening	Evening	Off	Off	Night	Night

Day = Day shift · Evening = Evening shift · Night = Night shift · Off = Day off

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