Introduction Studies have indicated that long working hours is associated with circulatory diseases. The aim of the present studies was to test if long working hours were prospectively associated with ischaemic heart disease (IHD), usage of antihypertensive drugs (AD) and stroke, in a large randomly selected sample from the general workforce of Denmark.

Methods Self-reported data on weekly working hours from the Danish Labour Force Survey (1999–2013) was linked to national registers. Participants were followed until becoming a case, emigration/dead due other causes or end of study period (2014).

Poisson regression was used to analyse incidence rates as a function of weekly working hours. The analyses were controlled for calendar time, time since start of follow-up, age, sex, SES, night and health care work (the latter two for IHD only).

Result Around 1 45 000 persons were included with 3635 cases of IHD, 20 648 cases of AD and 1737 cases of stroke. With 32–40 hours/week serving as reference, the estimated rate ratios for IHD were 0.95 (95% CI: 0.85–1.06) for 41–48 and 1.07 (0.94–1.21) for >48 hours/week. The corresponding rate ratios for AD were 0.99 (0.95–1.04) and 1.02 (0.97–1.08).

In the study of stroke 35–40 working hours/week served as reference. The estimated rate ratios for overall stroke were 0.97 (95% CI: 0.83–1.13) for 41–48, 1.10 (0.86–1.39) for 49–54, and 0.89 (0.69–1.16) for ≥55 hours/week. The estimated rate ratios per one category increase in working hours were 0.99 (0.93–1.06) for overall stroke, 0.96 (0.88–1.05) for ischaemic stroke and 1.15 (1.02–1.31) for haemorrhagic stroke.

Discussion The analyses cannot confirm long working hours to be associated with IHD, AD or overall stroke. Data suggest however, that long working hours might be associated with increased rates of haemorrhagic stroke.

Introduction Rapidly rotating shiftwork schedule, is common in hospital nurses as it provides continuity to the patients’ care. It has been suggested that shift rotation in clockwise (CW) direction produces less disruption of circadian rhythms than counterclockwise (CCW) rotation. Little is known about the effects of different direction of shift rotation on work-life balance, particularly in women characterised by additional commitments and responsibilities in the home and outside of work.

Aim To evaluate if CW and CCW shift rotation differently impacts on work-life balance.

Methods One hundred healthy hospital nurses (F, 20–50 years) were enrolled. Fifty of them worked in CW (Morning, M; Afternoon, A; Night, N; two rest days) and 50 in CCW (A, M, M, N, three rest days) shift rotation direction. A daily
diary filled out by the nurses at the end of each work-shift provided information concerning family and social relationships during a typical working week. Habits on coffee, smoke, time of meal assumption and home management during working days were also collected.

**Result** Nurses working on CCW shift rotation reported more frequently difficulties in keeping adequate family and social relationships compared to nurses working on CW one (96% vs 73%, p=0.002).

No differences were reported in coffee (3–4 cups/day), smoking (61%) habits and time of meals assumption (irregular in about 33% of nurses) during working days in the two groups. No differences were reported in the time spent in home management by the two groups.

**Discussion** CCW shift rotation seemed to disrupt quality of family and social relationships of nurses more than CW one. The fact that CCW shift rotation is associated to higher sleep disturbances and more fatigue in the free-time might partially explain these results. These aspects should be taken into account in shift-work schedule organisation, particularly in women.

**223** INFLUENCE OF CHRONOTYPE AND SHIFTWORK ON SLEEP DURATION AND OCCUPATIONAL ACCIDENTS: FINDINGS FROM A CROSS-SECTIONAL STUDY IN METAL WORKING INDUSTRY

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**Introduction** Atypical work-times such as night shifts and very early shifts can affect the quality and quantity of sleep. Short sleep duration and disturbed sleep are associated with a heightened accident risk. Humans and animals are influenced by a biological clock which is genetically determined and synchronised by daylight. The study investigates the impact of the start of working time and chronotype on sleep duration and occupational accidents.

**Methods** In this cross-sectional study data were collected from about 550 employees in the woodworking and metalworking industry. Analyses were conducted for relationships between chronotype, start of working time, sleep duration and accidents.

**Result** The average chronotype moves by two hours towards an earlier type from the youngest to the oldest group of employees. Among the subjects without accidents 23% regard themselves as morning types, 69% as intermediate types and 9% as evening types. Among the subjects who had an accident 32% were morning types and 5% evening types. The late chronotypes get the least sleep on workdays and the early chronotypes get the least sleep on work-free days. Significant differences in the sleep duration were found for morning shift workers compared to day workers. A relevant proportion of the sleep deficit is due to the early start of working time.

**Discussion** The study shows significant chronotype-dependent differences in the sleep duration on work-days and free days. Early chronotypes seem to be unable to compensate their sleep deficit on free days, late types are unable to sleep early in the evening. Results will be useful to identify groups of workers at heightened risk for sleep deficit and sleepiness at work. In this way occupational accidents in shift workers and workers with an early starting time of work could be reduced.

**480** HEALTHY DIET AND REDUCTION OF CHRONIC DISEASE RISKS OF NIGHT SHIFT WORKERS – A REVIEW

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**Introduction** The large increase of epidemiological studies on night shift work is due to the important effects on workers’ health and psychophysical wellbeing. The short-term effects are easily studied and they are: insomnia, difficulties in managing work and private life, lower work performance, more