Results  In total, an estimated 603,000 out of Canada’s 18,268,120 workers are exposed to radon in Canada. An estimated 52% of exposed workers are women, even though they comprise only 48% of the labour force. The majority (68%) are exposed at a level of >100–200 Bq/m3. Workers are primarily exposed in educational services, professional, scientific and technical services, and health care and social assistance, but workers in mining, quarrying, and oil and gas extraction have the largest number of exposed workers at high levels (>800 Bq/m3). Overall, a significant number of workers are exposed to radon, many of whom are not adequately protected by existing guidelines.

Conclusions  Radon surveys across multiple industries and occupations are needed to better characterize occupational exposure. These results can be used to identify exposed workers, and to support lung cancer prevention programs within these groups.

Abstracts

Shift work

0-188  SLEEP TIMING AND DURATION AFTER NIGHT SHIFTS AMONG PERMANENT NIGHT WORKERS AND SHIFT WORKERS

Introduction  Night work may be organized as permanent night work or as part of shift work, which in turn may affect sleep and health. We aimed to compare timing and duration of sleep in relation to permanent night work and shift work.

Materials and Methods  Sleep was assessed by diaries and actigraphy on up to 26 days among 89 male industry workers with permanent night work and 72 male police officers with shift work. Statistical analyses with adjustment for age were performed taking repeated measures into account. The study was approved by the National Ethical Committee.

Results  Preliminary results show that after a night shift, permanent night workers fell asleep in the morning (between 7:00–9:00) on 78% of the days, whereas this was the case for 95% of days among shift workers. On recovery days (day off or a day shift), this was only observed on 1.6% of days among shift workers, and 0.6% of days among permanent night workers.

Conclusions  Overall, these preliminary results indicate only minor differences between timing and duration of sleep among night shift workers and permanent night workers.