

APPENDIX B

(SAMPLE)

Alternating 4 Ten-Hour Shifts (Two Shifts)

| <u>SHIFT</u> | <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|--------------|---------------|---------------|----------------|------------------|-----------------|---------------|-----------------|
| First        | A             | A             | A              | A                | B               | B             | B               |
| Second       | 1             | 2             | 3              | 4                | 5               | 6             | 7               |
| First        | C             | C             | C              | C                | D               | D             | D               |
| Second       | B             | A             | A              | A                | A               | B             | B               |
| First        | 8             | 9             | 10             | 11               | 12              | 13            | A4              |
| Second       | D             | C             | C              | C                | C               | D             | D               |
| First        | B             | B             | A              | A                | A               | A             | B               |
| Second       | 15            | 16            | 17             | 18               | 19              | 20            | 21              |
| First        | D             | D             | C              | C                | C               | C             | D               |
| Second       | B             | B             | B              | A                | A               | A             | A               |
| First        | 22            | 23            | 24             | 25               | 26              | 27            | 28              |
| Second       | D             | D             | D              | C                | C               | C             | C               |
| First        | B             | B             | B              | B                | B               | B             | B               |
| Second       | 29            | 30            | 31             | D                | D               | D             | D               |

A and B - Day Shifts  
 C and D - Second Shifts