



## SECO NIGHT SHIFT EXAMINATION

# EXAMINATION FOR PEOPLE WORKING SHIFTS.

Working shifts entails certain health risks. For this reason, under Swiss employment legislation, employees who work night shifts or rotating shifts 25 or more days a year are entitled to a medical examination. SWICA offers the examination granted by SECO together with medical partners.

### Target group

- › Employees who work night shifts or rotating shifts 25 or more days a year

### Objectives

- › Assess suitability
- › Identify consequential harm
- › Raise awareness of heightened risks
- › Reduce the number of accidents

### Content

- › Medical evaluation of the current situation (e.g. by using a medical questionnaire and measuring various vital parameters)
- › Physical examination by a doctor
- › One-to-one consultation

### Method

- › Examination
- › One-to-one consultation

Can be carried out until 1:00 (1 am)

### Conducted by

- › Medical practice assistant or certified nurse
- › Doctor specialising in internal/occupational medicine
- › This service is offered together with a medical partner.

### Number of attendees

- › Up to 20 people per day/night

### Duration

- › 25 minutes per attendee

### Location

- › At the company or as agreed

SWICA's Prevention Management unit aims to reduce absences, increase the potential for better health and improve the wellbeing of employees through health-related measures.

THERE FOR YOU, 24 HOURS A DAY, 365 DAYS A YEAR.

Phone 0800 80 90 80 / [swica.ch/prevention-management](https://swica.ch/prevention-management)

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