

CATEGORIA 13**ENFERMEDADES OCUPACIONALES / OCCUPATIONAL DISEASES**

ID. Number: 13-01
Title: *Los cambios de turnos son perjudiciales a su salud/Shift work is dangerous to your health*

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Literacy level: Nivel de mediana alfabetización/ Medium literacy level
Appropriate for: Para todos los trabajadores/All workers

Resumen: Es la traducción de un artículo de 1978, por George Swift, que suministra un breve resumen de las dificultades que enfrentan los trabajadores nocturnos. Advierte de los riesgos, pero no ofrece soluciones.

Summary: This is a translation of a 1978 article by George Swift that provides a brief overview of the physical and social difficulties experienced by night shift workers. It warns of the hazards but does not offer solutions.