4-on, 4-off 12-hour shift schedule

Four crews, 8-day cycle: 4 shifts on, 4 days off. Crews A and B work days, C and D work nights. Eight weeks shown.

Days 1 to 28

Crew	Mon 1	Tue 2	Wed 3	Thu 4	Fri 5	Sat 6	Sun 7	Mon 8	Tue 9	Wed 10	Thu 11	Fri 12	Sat 13	Sun 14	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19	Sat 20	Sun 21	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26	Sat 27	Sun 28	Hours (28 days)
Crew A (days)	D	D	D	D					D	D	D	D					D	D	D	D					D	D	D	D	192
Crew B (days)					D	D	D	D					D	D	D	D					D	D	D	D					144
Crew C (nights)	N	N	N	N					N	N	N	N					N	N	N	N					N	N	N	N	192
Crew D (nights)					N	N	N	N					N	N	N	N					N	N	N	N					144

Dates: _____ _____ _____ _____ _____ _____ _____

Days 29 to 56

Crew	Mon 29	Tue 30	Wed 31	Thu 32	Fri 33	Sat 34	Sun 35	Mon 36	Tue 37	Wed 38	Thu 39	Fri 40	Sat 41	Sun 42	Mon 43	Tue 44	Wed 45	Thu 46	Fri 47	Sat 48	Sun 49	Mon 50	Tue 51	Wed 52	Thu 53	Fri 54	Sat 55	Sun 56	Hours (28 days)
Crew A (days)					D	D	D	D					D	D	D	D					D	D	D	D					144
Crew B (days)	D	D	D	D					D	D	D	D					D	D	D	D					D	D	D	D	192
Crew C (nights)					N	N	N	N					N	N	N	N					N	N	N	N					144
Crew D (nights)	N	N	N	N					N	N	N	N					N	N	N	N					N	N	N	N	192

Dates: _____ _____ _____ _____ _____ _____ _____

D = day shift, N = night shift, - = off. The 8-day cycle does not line up with a 7-day week, so a crew works 48 hours some weeks and 36 in others (42 a week on average). Night shifts are shown on the day they start.

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