# 7-on, 7-off 12-hour shift schedule

Four crews, 14-day cycle: 7 shifts on (Friday to Thursday), 7 days off. Crews A and B work days, C and D work nights.

## 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 | 168 |
| Crew B (days) | | | | | D | D | D | D | D | D | D | | | | | | | | D | D | D | D | D | D | D | | | | 168 |
| Crew C (nights) | N | N | N | N | | | | | | | | N | N | N | N | N | N | N | | | | | | | | N | N | N | 168 |
| Crew D (nights) | | | | | N | N | N | N | N | N | N | | | | | | | | N | N | N | N | N | N | N | | | | 168 |

Dates: _____ _____ _____ _____ _____ _____ _____

D = day shift, N = night shift, - = off. Crews change over on Friday, so with a Monday workweek each week is 48 or 36 hours (8 overtime hours every two weeks). If the workweek starts on the changeover day, a week on is 84 hours and 44 of them are overtime.

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