

Occupational Stress Questionnaire	Shift worker n=347		Reference data from industry
E11. Does your work have phases that are too difficult?	rather constantly/often	20.7 %	5
	seldom/hardly ever	28.7 %	80
E 13. Is your work mentally strenuous?	(very) strenuous	66.3 %	25
	little/hardly ever	7.2 %	30
E 14. Is your work physically strenuous?	(very) strenuous	36.0 %	50
	little/hardly ever	17.9 %	15

Shift reform measures	n= 347
reduction of working time to 36h/week	65%
no standby shifts	58%
three or more days off	57%
night work reduction for workers > 45a	23% (>)
crediting home-to-office time	23%
for older workers << 36 h/week	21%