

Rotating shift patterns

Pattern	Sequence	Cycle	Avg h/week
2-2-3	2 on 2 off 3 on 2 off 2 on 3 off	14 days	42
4 on 4 off	4 on 4 off	8 days	42
DuPont	4N 3off 3D 1off 3N 3off 4D 7off	28 days	42
3 on 3 off	3 on 3 off	6 days	42
4x10	4 on 3 off	7 days	40
24/48	1 on 2 off	3 days	56
Continental	2D 2N 4 off	8 days	42

12-hour shifts unless noted.

Notes