

Information sheet – Force Control Room shift pattern

10 week shift pattern

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RD	RD	RD	ET	ET	LT	LT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NT	NT	RD	RD	RD	RD	ET

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ET	LT	LT	NT	NT	RD	RD

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RD	RD	ET	ET	LT	LT	NT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
NT	RD	RD	RD	RD	ET	ET

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LT	LT	NT	NT	RD	RD	RD

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RD	ET	ET	LT	LT	NT	NT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
RD	RD	RD	TRNG	ET	ET	LT

Sun	Mon	Tue	Wed	Thu	Fri	Sat
LT	NT	NT	RD	RD	RD	RD

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ET	ET	LT	LT	NT	NT	RD

Early shift start times - 06:00-14:45

Late shift start times – 14:00-23:00

Night shift start times – 22:00-06:30

Training day - usually 08:00-16:00

- 5 teams rotate through the 10 week shift pattern
- 43 working days and 27 rest days over the 10 week period
- 1 Training Day is included in the pattern per 10 week cycle (usually 0800-1600hrs)