

Work/Family Life Balance

Without exception, Police Officers working 24/7 shift work are distanced from family, social and other activities because the schedule they are working is irregular and doesn't afford regularly occurring weekends and evenings off during the week.

Family

Without doubt, family life and activities revolve around weekends. More weekends off can only enhance family life.

Care Givers

Arranging child/elderly and other care to accommodate an irregular schedule is a nightmare.

Weekends, evening and night care carry very high cost premiums (if they are available).

Social and Educational Activities.

Belonging to a club, playing with or coaching a sports team or attending Evening Classes generally means regularly attending one (or more) evenings during the week.

Trying to arrange time off on a regular basis for any of these activities creates stress for both Management (Supervisors) and officers alike.

The WHITE UPS is designed in such a way that:

- Officers are off duty 50% of all weekends (Saturday and Sunday).
- Officers need only to get time off for any weekday evening 25% of the time.

(For the remaining 75% of those days, the officer is either off duty or working day shift.)

**** Fixed shifts (AW1, AW2, BW1, and BW2) are 50% and 50%.*

Important Family and Social Events.

WHITE UPS 'Year at a Glance' schedule sheets (available for 5 years ahead) quickly give officers their hours and days off for any date. If they are working on a date they need to take off, they can solicit Management and their opposite numbers on the other Platoon to arrange a one-day (or more) roster change.

If you wish to check on your work/life balance, take the WORK LIFE BALANCE QUIZ under "LINKS and ARTICLES".

