**Example 24/7 Shift Pattern – Full Time 37 Hours**

Please note this is the basic Rest Day pattern and start & finish times within the pattern may vary.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** | **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** |
| **0700-1600** | **0700-1600** | **1530-0030** | **1700-0300** | **2200-0700** | **2200-0700** | **RD** | **RD** | **RD** | **TRNG** | **0700-1700** | **0700-1700** | **1530-0030** | **1530-0030** |
| **9** | **9** | **9** | **10** | **9** | **9** |  |  |  | **8** | **10** | **10** | **9** | **9** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** | **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** |
| **2200-0700** | **2200-0700** | **RD** | **RD** | **RD** | **RD** | **0700-1600** | **0700-1600** | **1530-0030** | **1530-0030** | **2200-0700** | **2200-0700** | **RD** | **RD** |
| **9** | **9** |  |  |  |  | **9** | **9** | **9** | **9** | **9** | **9** |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** | **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** |
| **RD** | **RD** | **0700-1600** | **0700-1700** | **1700-0300** | **1530-0030** | **2200-0700** | **2200-0700** | **RD** | **RD** | **RD** | **RD** | **0700-1600** | **0700-1600** |
|  |  | **9** | **10** | **10** | **9** | **9** | **9** |  |  |  |  | **9** | **9** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** | **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** |
| **1530-0030** | **1530-0030** | **2200-0700** | **2200-0700** | **RD** | **RD** | **RD** | **RD** | **0700-1600** | **0700-1600** | **1700-0300** | **1700-0300** | **2200-0700** | **2200-0700** |
| **9** | **9** | **9** | **9** |  |  |  |  | **9** | **9** | **10** | **10** | **9** | **9** |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** | **tue** | **wed** | **thurs** | **fri** | **sat** | **sun** | **mon** |
| **RD** | **RD** | **RD** | **RD** | **0700-1700** | **0700-1600** | **1530-0030** | **1530-0030** | **2200-0700** | **2200-0700** | **RD** | **RD** | **RD** | **RD** |
|  |  |  |  | **10** | **9** | **9** | **9** | **9** | **9** |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Please note if you apply for a part time position you will be required to work full time during the training which is 15 to 18 weeks.