

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.