

Giornate del Turno	I MAC	II MAC	Totale	Lavoro Settimanale	lav. sett.	giornata	giorno	Riposo Cumulato
Riposi fuori residenza	2	4	6					
Servizi notturni	4	2	6					

13/01/2013	DISPONIBILITA'	Lav	
Do		07:36	

Disp			
1			

14/01/2013	DISPONIBILITA'	Lav	
Lu		07:36	

Disp			
2			

15/01/2013	DISPONIBILITA' (fine: 19:10)	Lav	
Ma		07:36	

Disp			
3			

16/01/2013	INTERVALLO		
Me			

I			
4			

17/01/2013	RIPOSO		Rip.
Gi		60:00	

RQQ60			
5			

18/01/2013		Lav	
Ve		07:10	
114009			Not
6			No
		Rip.G	
		21:55	

NOTE: INIZIO LAVORO A MIGRDL ALLE ORE 07.10 ; DALLE ore 11.50 alle ore 13.55 TG 158

19/01/2013		Lav	
Sa		06:25	
114013			Not
7			No
		RFR	
		07:05	

20/01/2013		Lav	
Do		07:55	
114013			Not
8			No
		Rip.G	
		21:30	

21/01/2013		Lav	
Lu		07:10	
114008			Not
9			No
		Rip.G	
		14:45	

NOTE: INIZIO LAVORO A MIGRDL ALLE ORE 07.10 ; DALLE ore 11.50 alle ore 13.55 TG 158

Figure 1 illustrates the experimental design for two scenarios. Scenario (a) shows the MCL and GEPP treatments, where MCL is applied first (05:05) and GEPP is applied later (07:07). Scenario (b) shows the GEPP and MCL treatments, where GEPP is applied first (19:19) and MCL is applied later (23:23). The timeline for each scenario is shown with a scale from 0 to 24 hours.

	Rip.
	63:35

Lav	
08:00	
	Not
	No
Rip.G	
34:15	

04:45 UX-MICL TG 583

05:05 MICL

07:00 RS

12:45

0 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24

A horizontal timeline diagram. A blue arrow points to the start of the timeline at 00. The timeline is marked with numbers 0 through 11. A vertical line labeled 'RIS' is positioned at approximately 3:00. The timeline ends at 06:00, which is enclosed in a box. The label 'MICL' is placed above the timeline near the start.

Lav	
07:00	
	Not
	Si
Rip.G	
32:13	

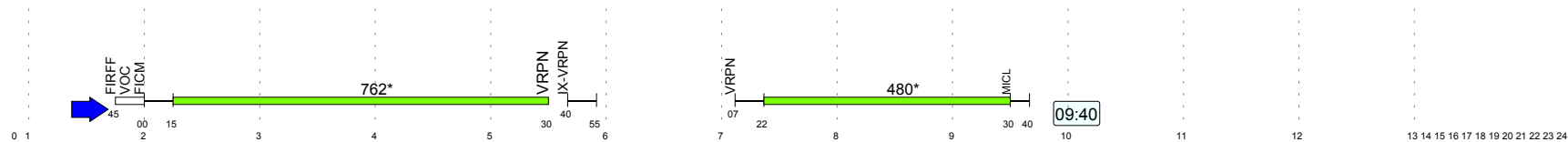
Lav	
09:37	
	Not
	No
Rip.G	
00:00	

	Rip.
	60:25

Lav	
06:25	
	Not
	No
RFR	
07:05	

01/02/2013

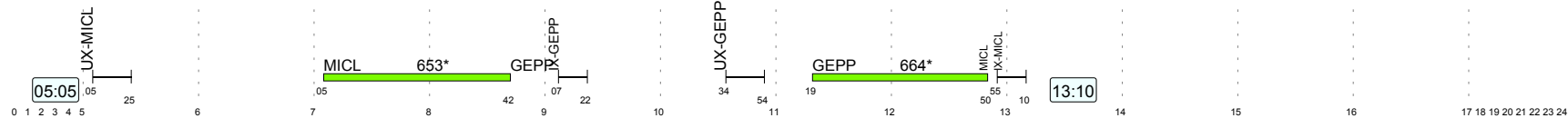
Ve  
114013  
20



Lav	
07:55	
	Not
	No
Rip.G	
19:25	

02/02/2013

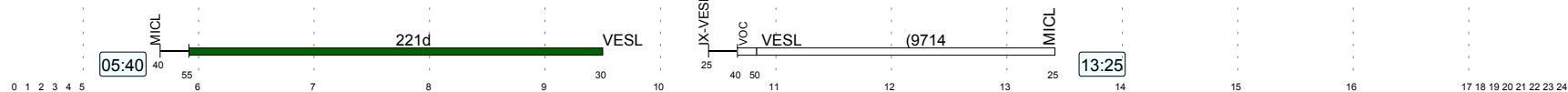
Sa  
114006  
21



Lav	
08:05	
	Not
	No
Rip.G	
16:30	

03/02/2013

Do  
114001  
22



Lav	
07:45	
	Not
	No
Rip.G	
00:00	

04/02/2013

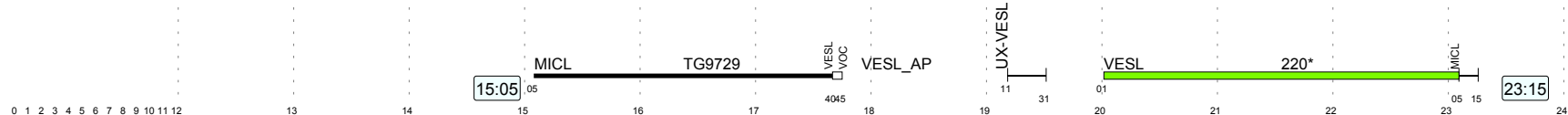
Lu  
R  
23

RIPOSO

	Rip.
	49:40

05/02/2013

Ma  
114024  
24



Lav	
08:10	
	Not
	No
Rip.G	
22:04	

06/02/2013

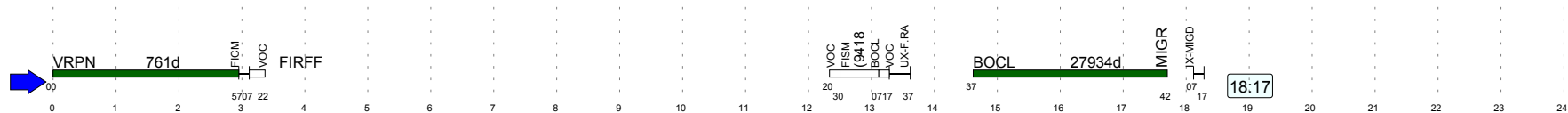
Me  
114027  
25



Lav	
06:02	
	Not
	Si
RFR	
08:58	

07/02/2013

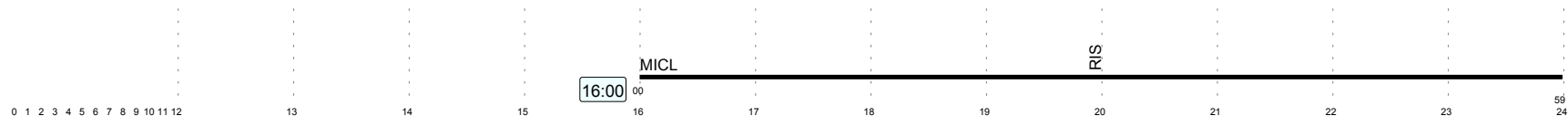
Gi  
114027  
26



Lav	
05:57	
	Not
	No
Rip.G	
21:43	

08/02/2013

Ve  
134005  
27



Lav	
07:59	
	Not
	No
Rip.G	
00:00	

09/02/2013

Sa  
I  
28

INTERVALLO

10/02/2013

Do NON ASSEGNATO

RW  
29

11/02/2013

Lu DISPONIBILITA' (inizio 11:59)

Disp  
30

Lav	
07:36	

12/02/2013

DISPONIBILITA'

Ma  
Disp  
31

Lav	
07:36	

13/02/2013

DISPONIBILITA'

Me  
Disp  
32

Lav	
07:36	

14/02/2013

DISPONIBILITA'

Gi  
Disp  
33

Lav	
07:36	

15/02/2013

DISPONIBILITA'

Ve  
Disp  
34

Lav	
07:36	

16/02/2013

NON ASSEGNATO

Sa  
RW  
35

17/02/2013

INTERVALLO

Do  
I  
36

18/02/2013

Lu  
114027  
37

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

16

17

18

19

20



Lav	
06:02	
	Not
	Si
RFR	
08:58	

19/02/2013

Ma  
114027  
38

0 1 2 3 4 5 6 7 8 9 10 11 12

13

14

15

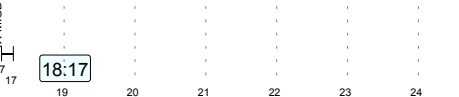
16

17

18

19

20



Lav	
05:57	
	Not
	No
Rip.G	
16:43	

20/02/2013

Me ASSENZA (7269)

7269  
39

21/02/2013

Gi  
134003  
40

0 1 2 3 4 5 6 7 8 9 10 11

12

13

14

15

16

17

18

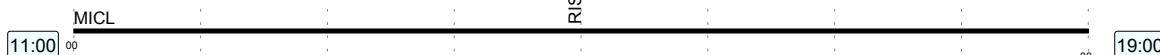
19

20

21

22

23 24



Lav	
08:00	
	Not
	No
Rip.G	
00:00	

22/02/2013

Ve  
R  
41

RIPOSO

	Rip.
	48:50

23/02/2013

Sa

114050  
42

Lav	
06:32	
	Not
	Si
RFR	
07:55	



24/02/2013

Do

114050  
43

Lav	
01:18	
	Not
	No
Rip.G	
19:35	

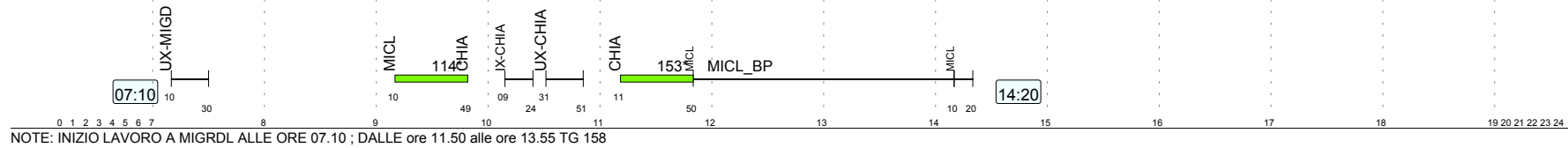


25/02/2013

Lu

114008  
44

Lav	
07:10	
	Not
	No
Rip.G	
25:24	

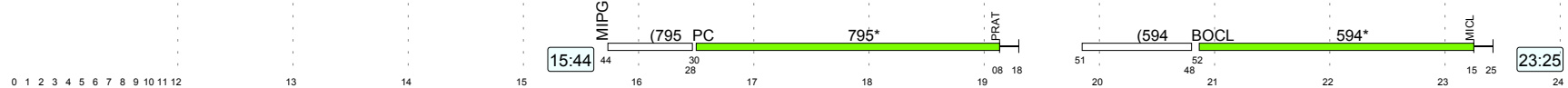


26/02/2013

Ma

114020  
45

Lav	
07:41	
	Not
	No
Rip.G	
00:00	



27/02/2013

Me

I  
46

INTERVALLO

28/02/2013

Gi

R  
47

RIPOSO

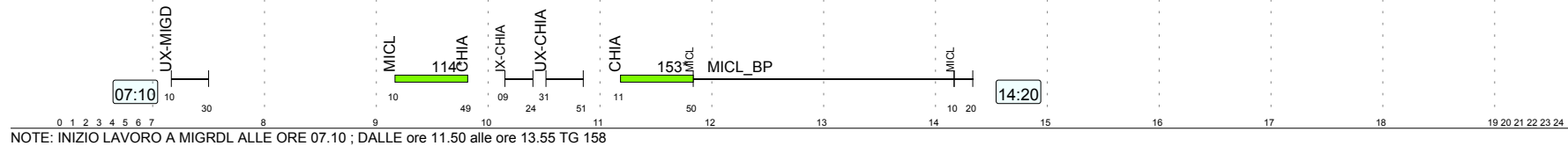
	Rip.
	55:45

01/03/2013

Ve

114008  
48

Lav	
07:10	
	Not
	No
Rip.G	
23:30	

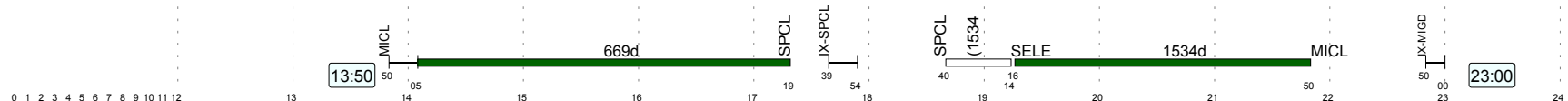


02/03/2013

Sa

114014  
49

Lav	
09:10	
	Not
	No
Rip.G	
22:20	





15/03/2013	NON ASSEGNATO	
Ve		
62		
16/03/2013	NON ASSEGNATO	
Sa		
63		
17/03/2013	NON ASSEGNATO	
Do		
64		
18/03/2013	RIPOSO	
Lu		
R		
65		
19/03/2013	NON ASSEGNATO	
Ma		
66		
20/03/2013	NON ASSEGNATO	
Me		
67		
21/03/2013	NON ASSEGNATO	
Gi		
68		
22/03/2013	NON ASSEGNATO	
Ve		
69		
23/03/2013	INTERVALLO	
Sa		
I		
70		
24/03/2013	NON ASSEGNATO	
Do		
RW		
71		
25/03/2013	NON ASSEGNATO	
Lu		
72		
26/03/2013	NON ASSEGNATO	
Ma		
73		
27/03/2013	NON ASSEGNATO	
Me		
74		
28/03/2013	NON ASSEGNATO	
Gi		
75		
29/03/2013	NON ASSEGNATO	
Ve		
76		
30/03/2013	RIPOSO	
Sa		
R		
77		
31/03/2013	NON ASSEGNATO	
Do		
78		

	Rip.
	48:00

	Rip.
	48:00

PERIODO: 13/01/2013 - 13/04/2013 IMPIANTO: MI-SB-XC TURNO: Deposito di Milano per personale Servizi di Base						
01/04/2013 Lu 79	NON ASSEGNATO					
02/04/2013 Ma 80	NON ASSEGNATO					
03/04/2013 Me 81	NON ASSEGNATO					
04/04/2013 Gi 82	NON ASSEGNATO					
05/04/2013 Ve R 83	RIPOSO	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>48:00</td></tr></table>		Rip.		48:00
	Rip.					
	48:00					
06/04/2013 Sa 84	NON ASSEGNATO					
07/04/2013 Do 85	NON ASSEGNATO					
08/04/2013 Lu 86	NON ASSEGNATO					
09/04/2013 Ma 87	NON ASSEGNATO					
10/04/2013 Me 88	NON ASSEGNATO					
11/04/2013 Gi R 89	RIPOSO	<table><tr><td></td><td>Rip.</td></tr><tr><td></td><td>48:00</td></tr></table>		Rip.		48:00
	Rip.					
	48:00					
12/04/2013 Ve 90	NON ASSEGNATO					
13/04/2013 Sa 91	NON ASSEGNATO					