

Summary Roster Risk Profile Analysis

Reference card RRPA Evaluationset

Déhora Consultancy Group is an international consulting agency in the field of staff planning. With a staff of more than hundred employees, Déhora supports and guides companies and institutions in all sections of the deployment of labour. We have more than twenty years of experience.

Full Service Concept

Our services in the field of planning and scheduling is unique as we do research, give advice and provide temporary expert planners. In addition we organize trainings and you can contact us for information about and the development of planning software.

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Check schedules for social and physical workload

The physical and social load of schedules can be rated unequivocally based on nine criteria in the Roster Risk Profile Analysis (RRPA). This analysis is available as an evaluationset in the Working Time Evaluator, a module of our Working Time Office® plansoftware. It will allow the evaluation of schedules social and physical criteria. The RRPA evaluationset is a standardized instrument, it is developed on the basis of scientific research. It can therefore be argued that the RRPA has an objective character. The evaluation of a schedule will be performed on the following basis:

Physical Criteria	
Regularity (RE)	The regularity of a schedule is reflected in the frequency and nature of changes in working-hours and leave-time
Periodicity (PE)	This criterion indicates to what extent the biological clock or circadian rhythm may be disturbed due to the work-rhythm.
Load per shift (DB)	This indicates the effect of the length of service on the workload of the individual .
Load per week (WB)	This is a measure for the cumulative effect of various service-loads. The resulting number is related to the average working-hours.
Opportunity for rest at night (MN)	This shows the recovery-moments allowed by the schedule in the period between 23:00 and 07:00 o'clock.
Total physical	This shows the total of all physical criteria
Social Criteria	
Predictability (VS)	As the first social criterion, predictability shows the ease with which the worker can determine where future leave-time can be enjoyed.
Opportunity for household and family activities (MH)	This aspect shows the opportunity on weekdays for daily household-tasks and family-duties.
Opportunities for evening recreation (MA)	Public social events usually take place in the evening-hours and during the weekends. This criterion shows the opportunity during evening-hours between 19:00 hours en 23:00 hours to be free.
Opportunities for weekend recreation (MW)	This criterion is related to the opportunity of evening recreation. Together they show an indication to what extent participations can be made to the evening/weekend-culture.
Total social	This shows the total of all social criteria

Practical and scientific basis

The RRPA method has been the subject of several studies. Research studies show that the RRPA-method results in a consistent and quantitatively correct image of the aspects of health-risks of a schedule. Both in theory and in practice the RRPA-method is an excellent tool for scheduling-tasks. At regular intervals RRPA is updated to the latest scientific and practical insights.



For more information about Working Time Office® visit our website:
www.workingtimeoffice.com