



The **Police Policy Studies Council** was established to formulate innovative solutions for the most troubling and often controversial problems plaguing the law enforcement community.

The **PPSC** takes an interdisciplinary approach to problem-solving. As a result, the **PPSC** is comprised of researchers, staff consultants and trainers with backgrounds that are as diverse as the challenges that brought them together..

It is for this reason that the **PPSC** has reached out not only to criminal justice luminaries, but also to medical and psychological clinicians, police tacticians and a broad spectrum of relevant technical expertise.

Our research is never for the sake of research alone. All of the research that we undertake is problem-solution directed. Allow us to make your agency the beneficiary of our efforts.

For more information, and **FREE** access to our research archives, visit our website.

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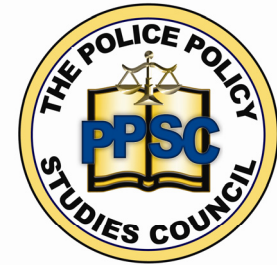


The Police Policy Studies Council  
P. O. Box 475  
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TO:

The Police Policy Studies Council

*An Interdisciplinary, Research-Based,  
Training & Consultation Corporation*



*"Bridging the gap between the  
reality of policing and the public  
perception of policing."*

[www.theppsc.org](http://www.theppsc.org)

*Surviving  
the  
Nightshift<sup>TM</sup>*

**DETAILED COURSE  
DESCRIPTION INSIDE**

# Surviving the Nightshift<sup>TM</sup>

## Course Description

This course is an 8-hour academic program. The entirety of this course is taught in a seminar format, within the confines of a classroom.

This class is structured to assist patrol officers, both new and veteran, in methods that will assist them in managing a diverse range of occupational risks associated with shift-work. Attendees will also learn how to mitigate those occupational risks specifically related to working under diminished light conditions.

Although the course follows a seminar structure, complimented with extensive audio-visual aids, it affords student-instructor interactivity that enables the program to offer even greater value to attendees.

## Course Learning Objectives

Upon completion of this course, participants:

- Will know the occupational safety problems associated with working shiftwork.
- Will understand the nature of circadian rhythms and how they impact performance.
- Will understand concepts pertinent to workload scheduling.
- Will know the short, medium and long-term health ramifications of shiftwork.
- Will know the value of napping as a fatigue countermeasure tactic.
- Will know when and how to employ "activity breaks" to boost alertness during night shifts.
- Will know what dietary guidelines to follow to diminish performance-robbing insulin spikes on night shifts.
- Will know the nature and trade-offs of caffeine as a nightshift stimulant.
- Will understand the importance of timing and dosage when using caffeine as a fatigue countermeasure.

## Course Learning Objectives

- Will know how to maximize quality sleep when off-duty.
- Will know how and to what extent that vision is impaired at night.
- Will know how threat discrimination is influenced by diminished lighting.
- Will know the frequency of mistake-of-fact shootings under low light conditions.
- Will understand the limitations and effective parameters of flashlight and patrol vehicle lighting.
- Will know the night-time advantages and disadvantages of certain vehicle stop techniques.
- Will understand the applied differences between target acquisition devices and illumination devices.
- Will know what flashlight selection criteria are most important.
- Will know the most intuitive techniques for employing flashlights, and when to employ them with greater caution.
- Will know why ambient light measurement is such a critical element of officer-involved shootings.
- Will know the effective parameters and selection criteria of night vision devices (NVDs).
- Will understand uniform and equipment considerations for shift-workers.
- Will know specific training considerations that should be addressed for shift-workers.

## Course Instructor: Thomas J. Aveni, MSFP

Tom Aveni has been a career law enforcement officer, having served on the local and state levels in three states (NJ, UT, NH). His police career began in 1978, and he has served as a police trainer since 1983. From 1990 to 2001 Tom served as a police "Training Coordinator" with the once prestigious Smith & Wesson Academy. There he was instrumental in training over 12,000 police and military personnel from across the United States and 23 other countries.

Mr. Aveni achieved his undergraduate degrees in Criminal Justice while minoring in psychology. He received his Master's Degree in Forensic Psychology from American International College, Springfield, MA.

Since 1996, Mr. Aveni's police training focus became oriented toward researching so-called "questionable" police shootings. These shootings routinely involve suspects who were unarmed and non-assaultive when shot by police. Previous studies had suggested that 25-43% of police shootings are of unarmed suspects. In this pursuit, Tom also examined the influence of police bias and contextual expectations on the inclination to use deadly force.

Tom's research into "questionable" police shootings contributed to the creation and advancement of the first (1995) and most comprehensive low light instructor training program ever offered. By 1998, Tom's low light instructor training was being taught internationally.

Mr. Aveni lectures nationally, presenting a variety of instructor-level courses. Tom has also been a frequent contributor to several law enforcement publications, such as Law & Order Magazine, Police & Security News, The Trainer, and others. He is co-author of a soon-to-be published text, "Surviving the Nightshift®."

Length	1 day/ 8 hours
Tuition	\$150
Dates	Please call or visit our website
Location	Please call or visit our website

You may register and pay for enrollment in this course online by visiting our website at;

[www.theppsc.org](http://www.theppsc.org)

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