

C. The ALS 7-3-7-4 Alternate Work Schedule

The ALS 7-3-7-4 alternate work schedule is as follows: Seven (7) consecutive days of work, followed by three (3) consecutive days off, followed by another seven (7) consecutive days of work, and then four (4) consecutive days off. At the end of this 7-3-7-4 cycle, the pattern repeats. Employees working the ALS 7-3-7-4 alternate work schedule are not subject to the Consecutive Days of Work provisions included in Article 13, Hours of Work.

In each seven-workday series, the first day is a nine-hour shift with one hour scheduled overtime. Each subsequent workday (days two through seven) in the series is an 8.5-hour shift with a half-hour scheduled overtime. Only employees assigned to work on the ALS 7-3-7-4 alternate work schedule are entitled to this scheduled overtime.

For example:

Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Workday #1, 9 hours	Workday #2, 8.5 hours	Workday #3, 8.5 hours	Workday #4, 8.5 hours	Workday #5, 8.5 hours	Workday #6, 8.5 hours	Workday #7, 8.5 hours
Day off	Day off	Day off	Day off	Workday #1, 9 hours	Workday #2, 8.5 hours	Workday #3, 8.5 hours
Workday #4, 8.5 hours	Workday #5, 8.5 hours	Workday #6, 8.5 hours	Workday #7, 8.5 hours	Day off	Day off	Day off