

Skiftkalender 2026, Kontinuerligt 2-skift (Lag: 1, 2, 3, 4, 5) (F = förmiddag 06 - 18, N = natt 18 - 06)

Januari					Februari					Mars					April					Maj					Juni																
		Lag					Lag					Lag					Lag					Lag					Lag														
V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5							
1	1 To	N		F			5	1 S				N	F	9	1 S	F				N	14	1 O		N		F	18	1 F	N				F	23	1 M		N		F		
	2 F		N	F			6	2 M	F				N	10	2 M	N			F			2 To		N		F		2 L	N		F				2 Ti		N		F		
	3 L		N		F			3 Ti	F				N		3 Ti	N			F			3 F				F	N	3 S	N		F				3 O			N	F		
	4 S		N		F			4 O	N		F				4 O		F	N				4 L	F				N		4 M		F	N				4 To			N	F	
2	5 M				N	F		5 To	N		F				5 To		F	N			15	6 M	N		F			5 Ti		F	N				5 F	N			F		
	6 Ti				N	F		6 F		N	F				6 F		F		N			7 Ti	N		F			6 O		N		F			6 L	N		F			
	7 O	F				N		7 L		N		F			7 L				N	F		8 O		F	N			7 To		N		F			7 S	N		F			
	8 To	F				N		8 S		N		F			8 S				N	F		9 To		F	N			8 F				F	N			8 M		F	N		
	9 F	F		N			7	9 M				N	F	11	9 M	F				N		9 To		F	N			9 L	F				N			9 Ti		F	N		
	10 L		F	N				10 Ti				N	F		10 Ti	F				N		10 F		F		N		10 S	F				N			10 O		N		F	
	11 S		F	N				11 O	F				N		11 O	N		F				11 L				N	F		11 M	N		F				11 To		N		F	
3	12 M		N		F			12 To	F				N		12 To	N		F			16	13 M	F			N		12 Ti	N		F				12 F			F	N		
	13 Ti		N		F			13 F	F		N				13 F		N	F				14 Ti	F				N		13 O		F	N				13 L	F			N	
	14 O				N	F		14 L		F	N				14 L		N		F			15 O	N		F			14 To		F	N				14 S	F			N		
	15 To				N	F		15 S		F	N				15 S		N		F			16 To	N		F			15 F		F		N				15 M	N		F		
	16 F	N				F	8	16 M		N		F			16 M				N	F		17 To	N		F			16 L				N	F			16 Ti	N		F		
	17 L	N		F				17 Ti		N		F			17 Ti				N	F		17 F		N	F			17 S				N	F			17 O		F	N		
	18 S	N		F				18 O				N	F		18 O	F				N		18 L		N		F			18 M	F				N			18 To		F	N	
4	19 M		F	N				19 To				N	F		19 To	F				N	17	20 M				N	F		19 Ti	F				N			19 F		F	N	
	20 Ti		F	N				20 F	N				F		20 F	F			N			21 Ti				N	F		20 O	N		F				20 L			N	F	
	21 O		N		F			21 L	N		F				21 L		F	N				22 O	F				N		21 To	N		F				21 S			N	F	
	22 To		N		F			22 S	N		F				22 S		F	N				23 To	F				N		22 F		N	F				22 M	F			N	
	23 F				F	N	9	23 M		F	N				23 M		N		F			23 O	F				N		23 L		N		F			23 Ti	F			N	
	24 L	F				N		24 Ti		F	N				24 Ti		N		F			24 F	F				N		24 S		N		F			24 O	N		F		
	25 S	F				N		25 O		N		F			25 O				N	F		25 L		F	N				25 M				N	F			25 To	N		F	
5	26 M	N		F				26 To		N		F			26 To				N	F		18	27 M		N		F		26 Ti				N	F			26 F		N	F	
	27 Ti	N		F				27 F				F	N		27 F	N				F		28 Ti		N		F			27 O	F				N			27 L		N		F
	28 O		F	N				28 L	F				N		28 L	N			F			29 O					N	F	28 To	F				N			28 S		N		F
	29 To		F	N				29 S	N		F				29 S	N		F				30 To					N	F	29 F	F		N				29 M			N	F	
	30 F		F		N			30 M			F	N			30 M			F	N			14	31 Ti					N	F	30 L		F	N				30 Ti			N	F
	31 L				N	F		31 Ti			F	N			31 Ti			F	N								N	F	31 S		F	N									

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Juli						Augusti						September						Oktober						November						December																	
		Lag							Lag							Lag							Lag							Lag																	
V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5	V	Dag	1	2	3	4	5						
27	1	O	F			N	31	1	L		N		F	36	1	Ti	F				N	40	1	To		F	N		44	1	S	F				N	49	1	Ti		F	N					
	2	To	F			N		2	S		N		F		2	O	N			F				2	F		F			N	45	2	M	N		F				49	2	O		N	F		
	3	F	F		N			3	M				N		F	3	To	N			F			3	L					N	F	3	Ti	N		F				49	3	To		N	F		
	4	L		F	N			4	Ti				N		F	4	F		N	F				4	F		N	F			N	F	4	O		F		N			49	4	F			F	N
	5	S		F	N			5	O	F					N	5	L		N		F			41	5	M	F					N	4	To		F		N			49	5	L	F			N
28	6	M		N		F	32	6	To	F			N	37	6	S		N		F	41	6	Ti	F				N	45	6	F		F		N		49	6	S	F			N				
	7	Ti		N		F		7	F	F			N		7	M				N		F	7	O	N		F				46	7	L			N	F	50	7	M	N		F				
	8	O			N	F		8	L		F	N			8	Ti				N		F	8	To	N		F				46	8	S			N	F	50	8	Ti	N		F				
	9	To			N	F		9	S		F	N			9	O	F					N	9	F		N	F				46	9	M	F			N	50	9	O		F	N				
	10	F	N			F		33	10	M		N			F	38	10	To	F				N	42	10	L		N			F	46	10	Ti	F			N	51	10	To		F	N			
11	L	N		F	11	Ti			N		F	11	F	F				N	11	F	F		N		F			46	11	O	N			F		51	11	F			F	N					
12	S	N		F	12	O				N	F	12	L		F		N		12	L		F	N					46	12	To	N			F		51	12	L				N	F				
13	M		F	N		13	To				N	F	13	S			F	N		13	S		F		N			46	13	F			N	F		51	13	S				N	F				
14	Ti		F	N		14	F		N			F	14	M			N		F	14	M		N			F			46	14	L			N	F		51	14		M	F			N			
29	15	O		N		F	34	15	L	N		F	39	15	Ti		N		F	43	15	To	F			N	47	15	S		N	F		51	15	Ti	F			N							
	16	To		N		F		16	S	N		F		16	O			N	F		16	O		N	F				47	16	M			N	F	51	16	O	N		F						
	17	F			F	N		17	M		F	N		17	To			N	F		17	To			N	F			47	17	Ti			N	F	51	17	To	N		F						
	18	L	F			N		18	Ti		F	N		18	F	N			F		18	F	N		F				47	18	O	F			N	51	18	F		N	F						
	19	S	F			N		19	O		N			F	19	L	N		F		19	L	N		F	19		M		N		F	47	19	To	F			N	51	19	L		N	F		
30	20	M	N		F		35	20	To		N		F	40	20	S	N		F	44	20	Ti		N		F	48	20	F	F		N		52	20	S		N	F								
	21	Ti	N		F	21		F			F	N	21		M		F	N	21		M		F	N	21	O				N	F	48	21	L		F	N	52	21	M			N	F			
	22	O		F	N	22		L	F			N	22		Ti		F	N	22		Ti		F	N	22	To				N	F	48	22	S		F	N	52	22	Ti			N	F			
	23	To		F	N	23		S	F			N	23		O		N		F		23	O		N		F		23	F	N		F	48	23	M		N		F	52	23	O	F			N	
	24	F		F		N		24	M	N		F	24		To		N		F		24	To		N		F		24	L	N		F	48	24	Ti		N		F	52	24	To	F			N	
31	25	L			N	F	36	25	Ti	N		F	41	25	F			F	N	45	25	S	N		F	49	25	O			N	F	53	25	F	F			N	52	25	F	F			N	
	26	S			N	F		26	O		F	N		26	L	F			N		26	L	F				N	49	26	To				N	F	53	26	L		F	N						
	27	M	F			N		27	To		F	N		27	S	F			N		27	S	F				N	49	27	F	N				F	53	27	S		F	N						
	28	Ti	F			N		28	F		F			N	28	M	N		F		28	M	N		F		28	M		F	N	49		28	L	N		F		53	28	M		N	F		
	29	O	N		F			29	L			N		F	29	Ti	N		F		29	Ti	N		F		29	To			N	F		49	29	S	N		F		53	29	Ti		N	F	
31	30	To	N		F		36	30	S		N	F	41	30	O		F	N	45	30	F			F	N	49	30	M		F	N	53	30	O			N	F									
	31	F		N	F	31		M	F			N		31	L	F				N	31	L	F				N	49	31	To				N	F	53	31	To			N	F					