



FATIGUE RISK AWARENESS TOOL



MONITOR



**ACTIVELY
MANAGE**



CAUTION!

At the START of duty, how many hours of sleep have you had in the past 24 hours?

(Note 1)

- >7 Hours
 6–7 Hours
 <6 Hours

At the START of duty, how many hours of sleep have you had in the past 48 hours?

(Note 1)

- >14 Hours
 12–14 Hours
 <12 Hours

How many hours will you have been awake at the end of planned duty?

- <16 Hours
 16–18 Hours
 >18 Hours

When will you be performing safety critical tasks during the duty period?

(Note 2)

- 0730 - 2200
 0600–0730 or 2200–0200
 0200–0600

How ALERT are you feeling?

- | | | |
|--|---|--|
| <input type="radio"/> <ul style="list-style-type: none"> Fully alert; wide awake Very Lively; responsive but not at peak Okay, somewhat fresh | <input type="radio"/> <ul style="list-style-type: none"> A little tired; less than fresh Moderately tired | <input type="radio"/> <ul style="list-style-type: none"> Extremely tired, very difficult to concentrate Completely exhausted, unable to function effectively |
|--|---|--|

Note 1: The figures used in this question can be tailored to account for individual sleep needs. It is important to understand how much sleep you need to feel well rested. The average sleep needed is 7-8 hours to consistently feel well rested; however, some people may require only 6 hours and some 10 hours.

Note 2: The timings in this question are based on the acclimatised circadian rhythm of an individual, their 'body-clock time'. Further consideration is required for trans-meridian travel.

A tool for individuals, for the identification of emerging fatigue-related risk to complement risk management

- Try to eliminate all fatigue risks
- If the fatigue risk can't be eliminated, minimise that risk by applying all reasonable treatments/controls
- Ensure all risk decisions are made at the appropriate level

Fatigue management is a shared responsibility, individuals must:

- Arrive for duty in a fit and rested state
- Communicate fatigue-related safety and performance concerns
- Identify and manage fatigue-related hazards during a duty period

A single occurrence of an amber or red should initiate the corresponding amber or red actions below. Multiple occurrences of amber and/or red increase the potential fatigue risk level and due consideration should be given during the risk management process. Apply the principles of **Rule of Three** to any identified ambers i.e. **three or more ambers** is a **red** and should be managed in-line with the **CAUTION** response.

CONTINUE TO MONITOR ALERTNESS



MONITOR

Continue to monitor your alertness and fatigue levels throughout duty. Consider asking a team member to monitor you for any observed decline in alertness. Implement lifestyle factors that will help you to manage your alertness on an ongoing basis e.g. nutrition, sleep, stress, etc.

ACTIVELY MANAGE FATIGUE & ALERTNESS



**ACTIVELY
MANAGE**

Advise your supervisor of your heightened fatigue risk and ask team members to monitor you. Consider adjusting tasks. Increase team communication and task cross-checking. Consider taking a break or accessing controlled rest/napping. Consider strategic use of caffeine and food intake.

CONSIDER FITNESS FOR DUTY. GET HELP TO MANAGE FATIGUE LEVELS



CAUTION!

Pre-duty, inform your supervisor of your heightened fatigue risk. Discuss with them your fitness for duty and ability to safely operate. If mid-duty, inform your supervisor and team members of your heightened fatigue risk. Discuss with them your continued fitness for duty, ability to safely operate or how to safely manage your ongoing performance.