

FATIGUE CHECKLIST

Fatigue is often caused by a number of inter-related factors.

This checklist provides a guide to identifying some of the risks of fatigue.

If the answer is yes to any of the questions, fatigue risks will need to be assessed and strategies put in place to manage fatigue.

MENTAL AND PHYSICAL WORK DEMANDS

Does anyone carry out physically demanding work for long periods? (For example, tasks which are especially tiring and repetitive.)	YES/NO
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Does anyone carry out mentally demanding work for long periods? (For example, work requiring vigilance, work requiring continuous concentration and minimal stimulation, work performed under pressure, work to tight deadlines, emergency call outs, interacting/dealing with the public.)	YES/NO
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WORK SCHEDULING AND PLANNING

Does anyone consistently work or travel between midnight and 6am?	YES/NO
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Does the work schedule prevent workers having at least one full day off each week?	YES/NO
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Does the roster make it difficult for workers to consistently have at least two consecutive nights sleep each week?	YES/NO
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Do work practices include on-call work, call-backs or sleepovers?	YES/NO
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Does the roster differ from the hours actually worked?	YES/NO
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Does the work roster include rotating shifts?	YES/NO
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Does anyone have to travel more than one hour to get to their job?	YES/NO
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WORK TIME

Does anyone work for more than 12 hours regularly (including overtime)?	YES/NO
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Does anyone have less than 10 hours break between each shift? (For example, split shifts, quick shift changeovers.)	YES/NO
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Is work performed at low body clock times (between 3am and 5am or 3pm and 5pm)?	YES/NO
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ENVIRONMENTAL CONDITIONS

Is work carried out in harsh or uncomfortable conditions? (For example, hot, humid or cold temperatures.)	YES/NO
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