

Appendix 6:

Fatigue identification tool

Use this checklist to help you decide if your workers might be at risk from fatigue. If the answer is yes to any of the questions, you should carry out a fatigue risk assessment. Evaluate the frequency, likelihood and consequences of each of the below risk factors. These should all be considered as a starting point for assessing fatigue-related risks.

Adapted from Safe Work Australia, *Guide for managing the risk of fatigue at work: 2013*

Mental and physical work demands

Does anyone carry out work for long periods which is physically demanding? (for example, tasks which are especially tiring and repetitive such as bricklaying, process work, moving bags of cement, felling trees) Yes No

Does anyone carry out work for long periods which is mentally demanding? (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

Work scheduling and planning

Does anyone consistently work or travel between midnight and 6am? Yes No

Does the work schedule prevent workers having at least one full day off per week? Yes No

Does the roster make it difficult for workers to consistently have at least two consecutive nights of unrestricted sleep per week? Yes No

Do work practices include on-call work or call-backs? Yes No

Does the roster differ from the hours actually worked? Yes No

Does the work roster include rotating shifts? Yes No

Does anyone have to travel more than one hour to get to their job? Yes No

Work time

Does anyone work more than 12 hours regularly? (includes overtime) Yes No

Does anyone have less than 10 hours break between each shift? (for example, split shifts, quick shift changeovers) Yes No

Is work performed at low body clock times? (between 2am and 6am) Yes No

Environmental conditions

Is work carried out in harsh or uncomfortable conditions? (for example, hot, humid or cold temperatures) Yes No

Does anyone work with plant or machinery that vibrates? Yes No

Is anyone working with hazardous chemicals? Yes No

Is anyone consistently exposed to loud noise? Yes No

Non-work factors

Are workers arriving at work fatigued? Yes No