

# Fatigue

## Self-Assessment

**Speak with  
your Manager  
before  
commencing  
or continuing  
to work if  
you answer  
"YES" to any  
of these.**

1. I had less than 7 hours sleep in the past 24 hours?
2. I had less than 12 hours sleep in the past 48 hours?
3. I will have been awake for 16 hours or more when I finish this shift?
4. I have 3+ of the signs of fatigue?
  - Yawning
  - Irritable
  - Rubbing or closing eyes
  - Struggling to stay awake
  - No energy or motivation
  - Poor short-term memory
  - Near misses
  - Can't concentrate on task
  - Reduced co-ordination
  - Nodding off or micro sleeps