

ENERGY SAFETY CANADA

Individual fatigue likelihood assessment

1

Sleep in prior 24 hours

Sleep	≤2h	3h	4h	5+h
Points	12	8	4	0

2

Sleep in prior 48 hours

Sleep	≤8h	9h	10h	11h	12+h
Points	8	6	4	2	0

3

Hours of wake since last sleep

Add one point per hour awake greater than sleep in Step 2.

4

**Add all points together
to determine your score**

TURN OVER FOR SCORES



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Individual fatigue likelihood assessment

1–4

Self-monitoring control level

5–8

Supervisor monitoring control level

9+

Don't commence shift until
fit for work

**E N E R G Y
S A F E T Y
C A N A D A**