ENERGY SAFETY CANADA Individual fatigue likelihood assessment



Sleep in prior 24 hours Sleep ≤2h 3h 4h 5+h Points 12 8 4 0



Sleep in prior 48 hours Sleep ≤8h 9h 10h 11h 12+h Points 8 6 4 2 0



Hours of wake since last sleep Add one point per hour awake greater than sleep in Step 2.



Add all points together to determine your score

TURN OVER FOR SCORES

ENERGY SAFETY CANADA Individual fatigue likelihood assessment



Don't commence shift until fit for work

