## ENERGY SAFETY CANADA Individual fatigue likelihood assessment

(1)
Sleep in prior 24 hours
Sleep $\leq 2 h 3 h 4 h 5+h$
Points $12 \quad 8 \quad 4 \quad 0$
(2) Sleep in prior 48 hours

Sleep $\leq 8 \mathrm{~h}$ 9h 10h 11h 12+h
Points $8 \quad 6 \quad 4 \quad 2 \quad 0$

(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

## ENERGY SAFETY CANADA 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


