



The Safety Association for Canada's  
Upstream Oil and Gas Industry

## INDIVIDUAL FATIGUE LIKELIHOOD ASSESSMENT

### Step 1. Sleep in prior 24 hours

Sleep	≤2h	3h	4h	5+h
Points	12	8	4	0

### Step 2. Sleep in prior 48 hours

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

### Step 3. Hours of wake since last sleep

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



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**Step 4. Add all points together to determine your score**

Score	Control Level
1 - 4	Self-monitoring
5 - 8	Supervisor monitoring
9+	Don't commence shift until fit for work

Refer to FRMS policy for detailed explanation of controls