

Fatigue Self-Assessment Checklist

Fatigue is more than just feeling a bit (or a lot) drowsy. It's a state of mental and/or physical exhaustion which impairs your ability to remain alert, putting yourself and others at risk if you can't work safely. Personal and work factors can cause fatigue, and this can accumulate over time. If you've had less than 12 hours sleep in the past couple of days, you're higher risk of fatigue.

Talk to your supervisor now if you tick three or more boxes. You may be fatigued and at risk.

- Excessive yawning or falling asleep at work such as nodding off or micro-sleeps
- Short-term memory problems
- Hard to concentrate
- Finding it harder than usual to communicate well with others
- Impaired decision making and judgement
- Reduced hand-eye coordination or slow reflexes
- Running late for work more than once recently
- Taking more unplanned time off than usual
- Irritable
- Rubbing or closing eyes
- No energy or motivation



The effects of fatigue are similar to the effects of alcohol. Being awake for 17 hours impairs your performance similar to having 0.05 blood alcohol content. Being awake for 20 hours increases that effect to 0.1 blood alcohol content.

