FATIGUE SELF-ASSESSMENT

This fatigue self-assessment checklist consists of two parts. Please answer the following questions to determine if you are at risk from fatigue.

Each 'Yes' answer indicates a risk of fatigue. The more 'Yes' responses, the higher the risk of fatigue.

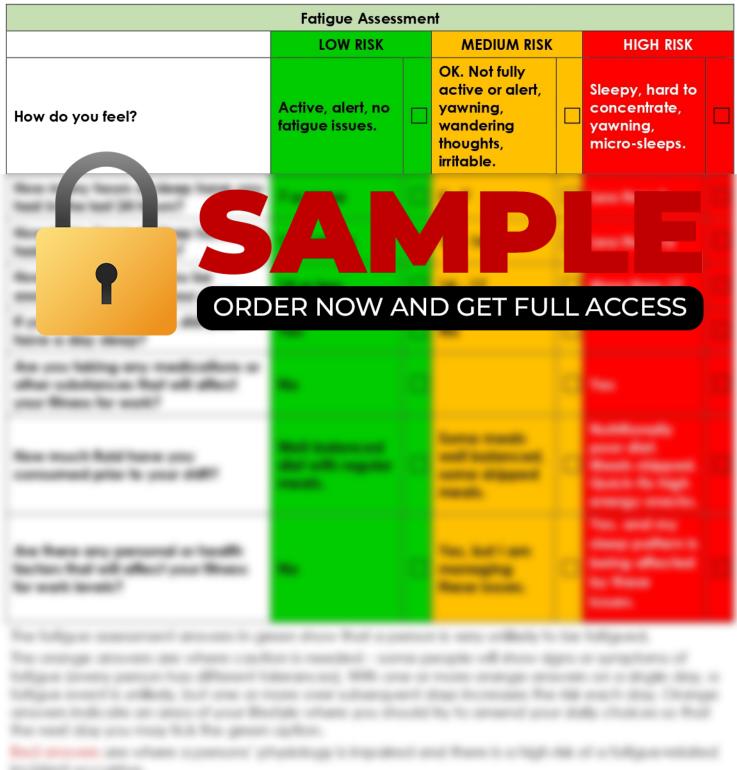
Name:	Date:	
PART 1		
ldentifying f	Fatigue Risk Factors	
Work Sche	eduling and Planning	Yes No
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PART 2

Identifying Current Fatigue Risk Factors

The fatigue self-assessment below was developed to assist you to determine whether your working physiology and lifestyle is optimal and to identify any opportunities for improvement.



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