

Drivers

RISK ASSESSMENT GUIDE FOR FATIGUE Based on 7 day work cycle					
LOWER RISK	✓	MEDIUM RISK	✓	HIGH RISK	✓
Less than 50 hours worked		50–70 hours worked	✓	More than 70 hours	
Shift length of 10 hours or less		Shift length of up to 12 hours		Shift length exceeds 12hrs	✓
Min 12 hr break between shifts		8-12 hour break between shifts	✓	Less than an 8hr break	
No night shifts		Up to 3 night shifts		4 or more night shifts	✓
Short breaks taken during shift	✓	Single break taken during shift		No breaks taken during shift	
2 or more days free from work	✓	1 day free from work		No days free from work	
On-call no more than 3/7 days	✓	On-call up to 5/7 days		On-call more that 5/7 days	
Multiply ticks by 1	3	Multiply ticks by 2	4	Multiply ticks by 3	6
Note: This result is at the lower end of the Medium risk category, borderline High risk. See analysis considerations notes below.		Low risk: up to and including 11 points		TOTAL 13	
		Medium risk: 12 – 17 points			
		High risk: 18 or more points			

Factory

RISK ASSESSMENT GUIDE FOR FATIGUE Based on 7 day work cycle					
LOWER RISK	✓	MEDIUM RISK	✓	HIGH RISK	✓
Less than 50 hours worked		50–70 hours worked	✓	More than 70 hours	
Shift length of 10 hours or less		Shift length of up to 12 hours		Shift length exceeds 12hrs	✓
Min 12 hr break between shifts		8-12 hour break between shifts	✓	Less than an 8hr break	
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Short breaks taken during shift	✓	Single break taken during shift		No breaks taken during shift	
2 or more days free from work	✓	1 day free from work		No days free from work	
On-call no more than 3/7 days	✓	On-call up to 5/7 days		On-call more that 5/7 days	
Multiply ticks by 1	4	Multiply ticks by 2	4	Multiply ticks by 3	3
Note: This result is at the upper end of the Low risk category, borderline Medium risk. See analysis considerations notes below.		Low risk: up to and including 11 points		TOTAL 11	
		Medium risk: 12 – 17 points			
		High risk: 18 or more points			

Analysis considerations: In assessing the risk of fatigue, the key thing to remember is that fatigue is cumulative. Isolated occurrences of a high-risk factor will not usually create a high risk of fatigue. It is expected that for a situation to be assessed as high risk, a number of high-risk factors will be present or that the work pattern be on-going. In view of this, although the chart for the drivers indicates a medium risk, there may be a need to review the situation due to the on-going nature of the current hours worked pattern highlighted in red on the hours worked page.