

Farming Fatigue Self-Assessment

**See your
farm manager
before
commencing
or continuing
to work if you
answer **“YES”**
to any of these**

- 1 I had less than 6 hours sleep in the past 24 hours?**
- 2 I had less than 12 hours sleep in the past 48 hours?**
- 3 I will have been awake for 16 hours or more when I finish this shift?**
- 4 I have 3+ of the following signs of fatigue?**
 - **Yawning**
 - **Irritable**
 - **Rubbing or closing eyes**
 - **Struggling to stay awake**
 - **No energy or motivation**
 - **Poor short term memory**
 - **Near misses**
 - **Can't concentrate on task**
 - **Reduced co-ordination**
 - **Nodding off or Microsleeps**

Help us all to get home safely