

Driver: _____ Manager: _____ Signature: _____ Date: _____

How long have you been driving since your last break?

More than four hours

Between two and four hours

Less than two hours

Do you think your hydration and blood sugar is OK?

No

Yes, and I could do with a drink or snack

Yes, and I think it is as good as possible

Do you believe you are fit to continue work?

No, not right now

Yes, with additional risk controls

Yes

How do you feel right now?

Very fatigued, having difficulty staying alert

A bit tired, effort required to stay alert

Very alert – wide awake

Why did the fatigue alarm go off in your opinion? _____

Did you sleep in the last 24 hours?

No

Yes, but I did not get my ideal amount of sleep

Yes, I got my ideal amount of sleep

How would you rate the quality of that sleep compared with what you usually get on similar shift patterns?

Poor

Average

Good

Have you experienced any symptoms of fatigue immediately prior to or during the shift (e.g. micro-sleep or difficulty with concentration)?

Yes

No

Do you have somewhere to be after the shift is completed? _____

If one or more answer is **Red**, the driver's category is **Red**
 Otherwise, if one or more answer is **Amber**, the driver's category is **Amber**
 If all answers are **Green**, the driver's category is **Green**

For **Red** category situations it would be considered useful that a minimum of an hour is given as a break, and time should be used to nap (and then wake up), have a drink, go for a walk, etc. Driving should only start again when the individual is feeling fit for duty.

For **Amber** category situations it would be considered useful that a minimum of 15 minutes is given for a break, and time should be used to have a drink, go for a walk, etc. Driving should only start again when the individual is feeling fit for duty.

For **Green** category situations individuals should continue to self-monitor for signs of fatigue and apply additional risk controls as required.

Driver Category: Red / Amber / Green
Additional Controls: _____ _____ _____ _____