Farming Fatigue Self-Assessment

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

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

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