## Farming Fatigue Self-Assessment

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

- 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

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