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

www.aghealth.org.au