

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

