

Organizational Fatigue Risk Assessment Checklist

Risk Assessment Criteria	Risk Level at Your Organization (High, Medium, Low, N/A)	Notes/Comments
Industry and Job Requirements		
Organization is in a known high-risk industry: e.g., construction, manufacturing, power plant, utilities, mining, transportation, oil & gas, military, aviation, healthcare		
Workforce includes on-call and call-back workers or emergency service workers		
Job duties include driving		
High-pressure, stressful work environment		
Job duties require physically strenuous work		
Work is often monotonous or repetitive		
Workers use heavy machinery		
Shift schedule and patterns		
Extended work hours/overtime		
24/7 operations with shift work (including night shift)		
Long rotation rosters (consecutive days without rest)		
Lack of scheduled breaks		
Flipping between day/night shifts		

Organizational Fatigue Risk Assessment Checklist

Risk Assessment Criteria	Risk Level at Your Organization (High, Medium, Low, N/A)	Notes/Comments
Workers fly in/fly out or sleep in camps		
Long commutes to and from the job site		
Employees have limited control over their work hours, pace of work, and rest breaks		
Work travel required		
Environmental Conditions		
Working underground or in confined spaces		
Excessive noise in the workplace		
Excessive heat or cold on the job site		
Dim lighting or poor visibility		
Workers experience vibrations as part of their duties		
Previous incidents		
Workplace incidents and accidents are occurring with above average frequency		
Previous incidents occurred between midnight and 6am or between 1pm and 3pm		
Known fatigue-related incidents have occurred in the past		