

Fatigue risk management checklist



Overview

Vessel owners must identify the risk of master and crew fatigue and how this is to be managed in their safety management system (SMS).

Answer the questions in this checklist to identify risks of fatigue in your operation. If the answer is **yes** to any of the questions, record the risk in your SMS risk assessment. Include control measures you will implement to reduce the risk and who is responsible for implementing the control.

Note: This is not a full list of risk factors. You will need to work out what other risk factors apply to your operation.

Work scheduling and planning

- Does anyone work in excess of 12 hours regularly? **Yes/No**
- Does anyone work in excess of 60 hours per week? **Yes/No**
- Does anyone have less than 10 hours continuous rest between each work period? **Yes/No**
- Is work performed at night during low body clock times (between 2 am and 6 am)? **Yes/No**
- Does the work schedule make it difficult for crew to consistently have at least 2 consecutive nights sleep per week (i.e. working consecutive night shifts)? **Yes/No**
- Does the work schedule prevent crew having at least 24 continuous hours off per week? **Yes/No**
- Does anyone have to commute more than one hour to get to their vessel? **Yes/No**

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Risk of fatigue increases when...



More than 60 work hours per week



More than 12 work hours per day



Less than 7 hours of rest between work periods



More than 4 days of night work (9pm-9am) per 7 days



No short breaks (10 minutes) between work periods



Less than 1 recovery day per 7 days of work