

# Fatigue Management Risk Assessment Tool

1	2	3	4	5	6	7	8	9	10	11	12	13
<b>Risk Factors</b>												
Risk Factor or Stressor	Weight Factor	1	2	3	4	Total	Risk #	Corrective Action Plan				
<b>A. Time</b>	Long Hours	1	≤ 8 hrs/day	> 8 < 10 hrs/day	> 10 < 12 hrs/day	12 hrs/day	0 - 6	No action (unless required by assessment of Stressors B-E)				
	Extended Time/Week	2	≤ 40 hrs/wk	> 40 < 50 hrs/wk	> 50 < 72 hrs/wk	> 72 hrs/wk	7 - 12	Increase awareness + actions based on assessment of Stressors B-E				
	Extended Weeks Without A Full Day Off	3	2 weeks	3 weeks	4 weeks	> 4 weeks	13 - 18	Develop fatigue management plan as part of HASP (AHA) + actions based on assessment of Stressors B-E				
							19 - 24	Implement pre-approved fatigue management plan + actions based on assessment of Stressors B-E				
<b>A. Totals</b>												
<b>B. Living Conditions</b>	Quarters	1	Home	Typical Business Travel	RVs	Makeshift Shelter	0 - 8	No action unless assessment of Stressors A, C, D or E indicates need				
	Food	1	Home	Typical Business Travel	Mass Dining Facilities	Improvised	8 - 12	Increase awareness and monitoring by managers, address in separate AHA or actions based on assessment of Stressors A, C, D or E				
	Sanitation	1	Home	Typical Business Travel	Mass Washing Facilities	Improvised	12 - 16	Address in Pre-approved Living Condition Management Plan or actions based on assessment of Stressors A, C, D or E				
	Recreation/Leisure Opportunities	1	Home	Typical Business Travel	Limited	None						
<b>B. Totals</b>												
<b>C. Nature of Work</b>	Phase	2	Demobilization/ Report Writing	Recovery	Response	Rescue	0 - 16	No Action unless assessment of Stressors A, B, D or E indicates need				
	Activity	1	Office Admin	Front Line Admin (MASH)	Field Oversight	Field Worker	17 - 32	Increase awareness, address in separate AHA or actions based on assessment of Stressors A, B, D or E				
	Level of Protection	3	Level D	Modified Level D/C	Level B	Level A						
	Shift Work	4	Normal Day	Normal night	Swing	12am:12pm; 12pm:12am	33 - 48	Site Specific Management Plan for nature of work to include a security plan + plans based on assessment of Stressors A, B, D or E				
	Security	4	Normal Day	Normal Night	Limited	Sporadic	49 +	Address in Pre-approved Management Plan for nature of work + plan based on assessment of Stressors A, B, D or E				
	Familiarity with Area	2	High	Moderate	Slight	None						
Familiarity with ER Work	4	High	Moderate	Little	Training Only							
<b>C. Totals</b>												
<b>D. Site Conditions</b>	Chemical	1	Controlled	Controlled and Predictable	Controlled but Unpredictable	Uncontrolled	0 - 11	Accident Prevention Plan (APP) + actions based on assessment of Stressors A, B, C and E				
	Multi-chemical	2	Controlled	Controlled and Predictable	Controlled but Unpredictable	Uncontrolled	12 - 22	APP + HAZWOPER SSHP + actions based on assessment of Stressor A, B, C and E				
	Ionizing Radiation	4	Background (BKG)	> BKG < 100 mrem/hr	> 100 mrem/hr < 5 rem/yr	> 5 rem/yr	23 - 33	APP + HAZWOPER SSHP CIH, CSP or CHP Program Manager + actions based on assessment of Stressors A, B, C and E				
	Other WMD	4	None	Potential	Known Levels	Unknown Levels	34 +	APP + HAZWOPER SSHP CIH, CSP or CHP Site Safety Officer + actions based on assessment of Stressors A, B, C and E				
<b>D. Totals</b>												
<b>E. Emotional Stress</b>	Potential for Encountering Casualties (wounded or deceased)	4	Unlikely	Some potential but unusual	Very Likely	Probably will encounter	0 - 6	No Action				
	Potential for Encountering Casualties (those who have lost relatives, friends, property, pets, etc.)	2	Unlikely	Some potential but unusual	Very Likely	Probably will encounter	7 - 12	EAP Counseling Available + actions based on assessment of Stressors A, B, C and D				
							13 - 18	CISM or Resilience Counselors visit frequently + actions based on assessment of A, B, C and D				
						19 +	CISM or Resilience Counselors on-site + actions based on assessment of Stressors A, B, C and D					
<b>E. Totals</b>												

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<b>Risk Factors</b>												

  

	Risk Factor or Stressor	Weight Factor	1		2		3		4		Total	Risk #	Corrective Action Plan
<b>A. Time</b>	Long Hours	1	≤ 8 hrs/day		> 8 < 10 hrs /day		> 10 < 12 hrs/day		12 hrs/day	X	4	0 - 6	No action (unless required by assessment of Stressors B-E)
	Extended Time/Week	2	≤ 40 hrs/wk		> 40 < 50 hrs/wk		> 50 < 72 hrs/wk		> 72 hrs/wk	X	8	7 - 12	Increase awareness + actions based on assessment of Stressors B-E
	Extended Weeks Without A Full Day Off	3	2 weeks		3 weeks	X	4 weeks		> 4 weeks		6	13 - 18	Develop fatigue management plan as part of HASP (AHA) + actions based on assessment of Stressors B-E
											19 - 24		Implement pre-approved fatigue management plan + actions based on assessment of Stressors B-E
<b>A. Totals</b>											<b>18</b>		
<b>B. Living Conditions</b>	Quarters	1	Home		Typical Business Travel		RVs		Makeshift Shelter	X	4	0 - 8	No action unless assessment of Stressors A, C, D or E indicates need
	Food	1	Home		Typical Business Travel		Mass Dining Facilities	X	Improvised		3	8 - 12	Increase awareness and monitoring by managers, address in separate AHA or actions based on assessment of Stressors A, C, D or E
	Sanitation	1	Home		Typical Business Travel		Mass Washing Facilities	X	Improvised		3	12 - 16	Address in Pre-approved Living Condition Management Plan or actions based on assessment of Stressors A, C, D or E
	Recreation/ Leisure Opportunities	1	Home		Typical Business Travel		Limited		None	X	4		
<b>B. Totals</b>											<b>14</b>		
<b>C. Nature of Work</b>	Phase	2	Demobilization/ Report Writing		Recovery	X	Response		Rescue		4	0 - 16	No Action unless assessment of Stressors A, B, D or E indicates need
	Activity	1	Office Admin		Front Line Admin (MASH)		Field Oversight		Field Worker	X	4	17 - 32	Increase awareness, address in separate AHA or actions based on assessment of Stressors A, B, D or E
	Level of Protection	3	Level D		Modified Level D/C		Level B	X	Level A		9		
	Shift Work	4	Normal Day	X	Normal night		Swing		12am:12pm; 12pm:12am		4	33 - 48	Site Specific Management Plan for nature of work to include a security plan + plans based on assessment of Stressors A, B, D or E
	Security	4	Normal Day		Normal Night		Limited	X	Sporadic		12	49+	Address in Pre-approved Management Plan for nature of work + plan based on assessment of Stressors A, B, D or E
	Familiarity with Area	2	High		Moderate	X	Slight		None		4		
Familiarity with ER Work	4	High		Moderate	X	Little		Training Only		8			
<b>C. Totals</b>											<b>45</b>		
<b>D. Site Conditions</b>	Chemical	1	Controlled		Controlled and Predictable		Controlled but Unpredictable		Uncontrolled	X	4	0 - 11	Accident Prevention Plan (APP) + actions based on assessment of Stressors A, B, C and E
	Multi-chemical	2	Controlled		Controlled and Predictable		Controlled but Unpredictable		Uncontrolled	X	8	12 - 22	APP + HAZWOPER SSHP + actions based on assessment of Stressor A, B, C and E
	Ionizing Radiation	4	Background (BKG)		> BKG < 100 mrem/hr	X	> 100 mrem/hr < 5 rem/yr		> 5 rem/yr		8	23 - 33	APP + HAZWOPER SSHP CIH, CSP or CHP Program Manager + actions based on assessment of Stressors A, B, C and E
	Other WMD	4	None		Potential		Known Levels		Unknown Levels	X	16	34 +	APP + HAZWOPER SSHP CIH, CSP or CHP Site Safety Officer + actions based on assessment of Stressors A, B, C and E
<b>D. Totals</b>											<b>36</b>		
<b>Final</b>	Potential for Encountering Casualties (wounded)	4	Unlikely		Some potential but unusual		Very Likely	X	Probably will encounter		12	0 - 6	No Action

											7 - 12	EAP Counseling Available + actions based on assessment of Stressors A, B, C and D
Potential for Encountering Casualties (those who have lost relatives, friends, property, pets, etc.)	2	Unlikely		Some potential but unusual		Very Likely	x	Probably will encounter		6	<b>13 - 18</b>	CISM or Resilience Counselors visit frequently + actions based on assessment of A, B, C and D
											19 +	CISM or Resilience Counselors on-site + actions based on assessment of Stressors A, B, C and D
<b>E. Totals</b>										<b>18</b>		