

## Fatigue and incident investigation

### 1 Introduction

Fatigue is a known causal factor in accidents and incidents and this document provides a list of root causes (fatigue indicators) to be used as part of the incident investigation process.

### 2 Fatigue indicators

<b>Prior wakefulness</b>	<b>Length</b>	<b>Risk rating</b>
	16 hours or less	Low
	19 hours or less	Medium
	Over 19 hours	High
<b>Sleep in preceding 72 hours</b>	<b>Length</b>	<b>Risk rating</b>
	21 hours or more	Low
	18 hours or more	Medium
	Less than 18 hours	High
<b>Time of incident</b>	<b>Time</b>	<b>Risk rating</b>
	Any time, other than that below	Low
	3am – 6am or 2pm – 4pm	Medium
	1am – 3am	High
<b>Number of days into shift</b>	<b>Number</b>	<b>Risk rating</b>
	2 <sup>nd</sup> and 3 <sup>rd</sup> shift	Low
	1 day/night	Medium
	Fourth or later shift	High
<b>Type of work</b>	<b>Work</b>	<b>Risk rating</b>
	Workload extremely undemanding, lots of spare capacity or continuous attention rarely or nearly none of the time	Low
	Workload moderately demanding with some spare capacity or requiring attention some or most of the time	Medium
	Workload extremely demanding with no spare capacity or requiring continuous attention all or nearly all of the time	High

### 3 Other factors for consideration

- Signs of fatigue
  - Early warning signs – fidgeting, rubbing eyes, restless
  - Moderate signs – frequent yawning, staring blankly, frequent blinking
  - Severe signs – long blinks, difficulty keeping eyes open, impaired performance/mistakes
  
- Human factors – distracted, poor interface design, known sleep disorder
  
- Supplementary evidence: individual fatigue assessment

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