## Managing fatigue in the workplace

Appendix 10.4 – Samn-Perelli fatigue checklist

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<th>Health</th>
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THE GLOBAL OIL AND GAS INDUSTRY ASSOCIATION FOR ENVIRONMENTAL AND SOCIAL ISSUES

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Managing fatigue in the workplace

Appendix 10.4 – Samn-Perelli fatigue checklist
The ‘Samn Perelli fatigue checklist’:

- Can be used throughout a shift.
- Enables a worker to assess their fatigue against a simple seven point scale.
- Use of the checklist could be triggered by the following:
  - Start of shift (routine assessment).
  - Start of night shift.
  - Following a nap at work.
  - If shift is to be extended.
  - Colleague or supervisor notes symptoms.
  - Individual experiences symptoms.
  - Error committed or picked up.
  - On call outs.
  - Incident.
Step 1 – Determine where you are on the seven point scale

SAMN-PERELLI FATIGUE CHECKLIST

1. Fully alert, wide awake
2. Very lively, responsive, but not at peak
3. Okay, somewhat fresh
4. A little tired, less than fresh
5. Moderately tired, let down
6. Extremely tired, very difficult to concentrate
7. Completely exhausted, unable to function effectively

Step 2 – Determine what action is to be taken

Suggested Samn-Perelli fatigue checklist action chart

<table>
<thead>
<tr>
<th>SCORE</th>
<th>RISK LEVEL</th>
<th>ACTION</th>
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<tbody>
<tr>
<td>1-3</td>
<td>Low</td>
<td>No specific controls necessary unless the person exhibits fatigue symptom e.g. forgetfulness, distraction.</td>
</tr>
<tr>
<td>4-5</td>
<td>Moderate</td>
<td>Document and work with self-monitored risk reduction measures (e.g., task rotation, strategic use of caffeine, self-check routines).</td>
</tr>
<tr>
<td>6</td>
<td>High</td>
<td>Document with local supervisor and work with externally monitored risk reduction measures (e.g., task re-allocation, napping, increased supervisory monitoring, safe home and return to accommodation). policies.</td>
</tr>
<tr>
<td>7</td>
<td>Very High</td>
<td>Document and do not engage in tasks which are important from a safety perspective. Do not recommence work until sufficient restorative sleep has been obtained. Any proposed exceptions are escalated to supervisor/manager.</td>
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IPIECA

IPIECA is the global oil and gas industry association for environmental and social issues. It develops, shares and promotes good practices and knowledge to help the industry improve its environmental and social performance, and is the industry’s principal channel of communication with the United Nations.

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