

Managing fatigue in the workplace

Appendix 10.4 – Samn-Perelli fatigue checklist

		Health
		THE GLOBAL OIL AND GAS INDUSTRY ASSOCIATION FOR ENVIRONMENTAL AND SOCIAL ISSUES
		www.ipieca.org

IOGP Report 626-3

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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

SCORE	RISK LEVEL	ACTION
1- 3	Low	No specific controls necessary unless the person exhibits fatigue symptom e.g. forgetfulness, distraction.
4- 5	Moderate	Document and work with self-monitored risk reduction measures (e.g., task rotation, strategic use of caffeine, self-check routines).
6	High	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.
7	Very High	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.

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.

Through its member-led working groups and executive leadership, IPIECA brings together the collective expertise of oil and gas companies and associations. Its unique position within the industry enables its members to respond effectively to key environmental and social issues.



IOGP represents the upstream oil and gas industry before international organizations including the International Maritime Organization, the United Nations Environment Programme (UNEP) Regional Seas Conventions and other groups under the UN umbrella. At the regional level, IOGP is the industry representative to the European Commission and Parliament and the OSPAR Commission for the North East Atlantic. Equally important is IOGP's role in promulgating best practices, particularly in the areas of health, safety, the environment and social responsibility.

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