



# FATIGUE TOOL

Make sure you and your crewmate get home safely

- S** Do they feel **SLEEPY**?
- L** Has it been a **LONG** shift?
- E** Are they relying on caffeine or **ENERGY** drinks to stay awake?
- P** Do they need a **POWER NAP**?
- T** Do they look **TIRED**? Are they finding it hard to concentrate?

If the answer to any of these is "Yes"  
Take Action! Don't let them NOD off!



- N** **NEGOTIATE** with AOC or LOM for an alternative way to get back to base.
- O** **ORGANISE** how to get home safely: dynamic risk assessment, plan breaks.
- N** **NAP** before driving whether back to base or home.
- O** Are there **OTHER ways to get home** from base? Train, taxi, bus, tram, walk, get a lift?
- D** **DRIVING when tired is DANGEROUS!** A fatigued driver is not a good judge of sleepiness.

Remember, you can raise any concerns about risks such as the impact of fatigue on your safety and patient safety to your manager and/or trade union safety representative.

For more #FightFatigue information and resources visit:  
[www.anaesthetists.org/fatigue](http://www.anaesthetists.org/fatigue)