

# Fatigue Hazards Identification Checklist



## BENEFITS

Worker fatigue poses a safety hazard because exhausted workers may have slowed reaction times or exercise poor judgment and thus cause safety incidents. So it's important to take steps to address fatigue if it's an issue in your workplace. To determine whether it is or could be an issue for your workers, you should identify factors that can cause or contribute to worker fatigue.

## HOW TO USE THE TOOL

Complete this checklist to identify work-related factors that can contribute to fatigue. If you answer yes to any of the questions in the shaded areas, conduct an assessment of those fatigue risks. And if you answer yes three or more times to questions in the non-shaded areas, you should also assess fatigue risks and implement appropriate safety measures.