Assessment

FATIGUE
AT WORK

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ASSESSMENT – FATIGUE AT WORK

Name: ……………………………………………………

Date: …………………………………………………..

I.D. (if applicable): ……………………………………

Score

1. Fatigue can be:
   a) Physical
   b) Mental
   c) Physical and mental
   d) Neither

2. Which of these is not a work related factors that can lead to fatigue?
   a) Insufficient recovery time between work periods
   b) Working at unusual times of day
   c) Especially complicated and mentally demanding tasks
   d) Lunch breaks

3. Which of these is a factor outside of work that can lead to fatigue?
   a) Working at unusual times of day
   b) Especially complicated and mentally demanding tasks
   c) Boring and repetitive tasks
   d) Lack of sleep

4. Which of these is not an example of where falling asleep could have obvious catastrophic consequences?
   a) When working with hazardous materials
   b) When working with equipment or machinery
   c) When eating lunch
   d) When in control of a vehicle
5. How does fatigue affect productivity?
   a) It increases it  
   b) It decreases it  
   c) No change  
   d) None of the above

6. Being awake for 17 hours is the same as...?
   a) Being asleep for 17 hours  
   b) Having a 0.05% B.A.C.  
   c) Any other time you're working if you're motivated  
   d) Being awake for 8 hours

7. In the long-term, can fatigue increase the risk of serious physical and mental health problems?
   a) Yes  
   b) No  
   c) It depends  
   d) None of the above

8. Once fatigue-related hazards in the workplace have been identified and assessed, ___________ must be put in place to reduce the risks.
   a) Beds  
   b) Medication  
   c) Management  
   d) Control measures

9. Individuals should work no longer than how many hours in one shift?
   a) 12  
   b) 8  
   c) 24  
   d) 4

10. When a person making key organisational decisions suffers from fatigue, their judgment can be ________________
    a) Improved  
    b) Excellent  
    c) Impaired  
    d) Non-existent