



Document Name	HSEC-STD-8.1.1-Fatigue Ops-Normal Checklist
Document ID	HSE-158
Version Date	24/06/2025
Version	2
Approved	HSM

Supervisor's Fatigue Observation Check

(Use this form to record signs and symptoms of fatigue and impairment)

Crew Name(s):			Date & Shift	DAY / NIGHT
Supervisor Name:			Supervisor Signature:	
STEP 1: SIGNS AND SYMPTOMS (please tick)				
<i>Has there been a change in the crew's behaviour, if so, what have you observed and who?</i>				
APPROACH	Was there anything observed on arrival at the site?			
Physical symptoms	<input type="checkbox"/> Eyes bloodshot <input type="checkbox"/> Poor co-ordination	<input type="checkbox"/> Slower movements <input type="checkbox"/> Other		
Mental functioning	<input type="checkbox"/> Distracted from task <input type="checkbox"/> Short term memory loss (forgets instruction) <input type="checkbox"/> 'Zombie' like behaviour	<input type="checkbox"/> Poor concentration <input type="checkbox"/> Nodding off momentarily <input type="checkbox"/> Other		
Emotion / motivation	<input type="checkbox"/> Seems depressed <input type="checkbox"/> Irritable <input type="checkbox"/> Easily frustrated with tasks	<input type="checkbox"/> Other		
STEP 2: RISK		Is there a reason/s for not enough sleep or poor sleep (stress, relationship, children, substance use etc)?		
Has a fatigue related incident occurred?		What tasks have they been performing?		
Has an employee (self-report/ by another person) been identified as at risk of fatigue?		Are those tasks 'high-risk' for fatigue (e.g. repetitious or entail not constant activity)?		
Is there a risk associated with an employee's functioning / behaviour?		If yes, how long have they been working on that task?		
What is the employee's explanation for the behaviour you have observed?		When did they last drink water or eat something (dehydrated or hungry)?		
How many hours since the employee last slept?		How long was the break?		
How do they usually prevent fatigue?		When did they last drink water or eat something (dehydrated or hungry)?		
When did they last have a break?		How do they usually prevent fatigue?		

Opinion regarding level of fatigue: ☐ Unsafe to work ☐ Safe to work ☐ Restricted duties

[illegible]



TITAN DRILLING

Document Name	HSEC-STD-8.1.1-Fatigue Ops-Normal Checklist
Document ID	HSE-158
Version Date	24/06/2025
Version	2
Approved	HSM