

**RESPONSIBLE PERSON IN THE WORKPLACE - FATIGUE
MANAGEMENT QUESTIONS.**

www.safetyline.wa.gov.au/fatigue

No	Question	Answers
1	What is the maximum work time that can be scheduled in 24 hours?	<ul style="list-style-type: none"> <input type="radio"/> 14 hours <input type="radio"/> 16 hours <input type="radio"/> 18 hours
2	Commercial vehicle's driver's trip schedules should be designed so that:	<ul style="list-style-type: none"> <input type="radio"/> Allowance is made for 7 continuous hours of rest <input type="radio"/> Drivers have time away from work to socialize <input type="radio"/> Drivers can get the job done quickly and then get onto another job to make more money
3	What is the maximum work time in any 14 days?	<ul style="list-style-type: none"> <input type="radio"/> 168 hours <input type="radio"/> 185 hours
4	When a commercial vehicle driver works a continuous rotating shift system of 5 days or more there must be how many hours between shifts?	<ul style="list-style-type: none"> <input type="radio"/> 24 hours <input type="radio"/> 48 hours <input type="radio"/> No time off at all
5	When does the 24 hour cycle start?	<ul style="list-style-type: none"> <input type="radio"/> In the morning <input type="radio"/> Commencement of work following a long break of 7 hours or more <input type="radio"/> 12pm
6	Should the employer provide an employee assistance program where necessary?	<ul style="list-style-type: none"> <input type="radio"/> Yes <input type="radio"/> No
7	What is the total non working time in any 72 hours? (3 x 24 hours periods)	<ul style="list-style-type: none"> <input type="radio"/> 27 hours <input type="radio"/> 24 hours
8	The risk of a commercial vehicle driver who is fatigued, being involved in a crash is significantly increased by;	<ul style="list-style-type: none"> <input type="radio"/> Getting less than six hours sleep <input type="radio"/> Being awake for more than twenty hours <input type="radio"/> Driving between midnight and 6am <input type="radio"/> All of the above
9	Should trip schedules be set so the commercial vehicle driver can rest when and where most appropriate?	<ul style="list-style-type: none"> <input type="radio"/> True <input type="radio"/> False
10	For a single commercial vehicle driver, the maximum time between major rest breaks of 7 hours or longer is	<ul style="list-style-type: none"> <input type="radio"/> 16 hours <input type="radio"/> 17 hours <input type="radio"/> 18 hours
11	Western Australia uses regulations and the general duty of care provisions of the Occupational Safety and Health Act 1984 to manage fatigue	<ul style="list-style-type: none"> <input type="radio"/> True <input type="radio"/> False

12	Who is responsible for managing fatigue?	<ul style="list-style-type: none"> ○ The duty is on employers to manage risks from fatigue. ○ Workers also have a duty to ensure that they are fit for work ○ Both of the above
13	Fatigue can lead to which of the following?	<ul style="list-style-type: none"> ○ Slower reactions ○ Reduced ability to process information ○ Memory lapses ○ Decreased awareness ○ Lack of attention ○ Reduce coordination ○ Absent mindedness ○ Reduced ability to identify and calculate risk ○ All of the above.
14	At what time of day is alertness at it's lowest	<ul style="list-style-type: none"> ○ 6pm – 12 midnight ○ 12 midnight – 6am ○ 6am – 12 noon ○ 12 noon – 6pm
15	Commercial vehicle drivers who get less than six hours sleep a night reported four times as many hazardous incidents compared to those who got more than 6 hours	<ul style="list-style-type: none"> ○ True ○ False
16	Trip schedules for commercial vehicle drivers should be designed to provide at least;	<ul style="list-style-type: none"> ○ 7 continuous hours of rest, preferably at night ○ 6 continuous hours of sleep at night ○ As quick a trip as possible
17	Should the employer have a written policy on fitness for duty?	<ul style="list-style-type: none"> ○ True ○ False
18	A planned and systematic approach to assessing and managing the risks associated with fatigue can improve the health and safety of workers.	<ul style="list-style-type: none"> ○ True ○ False
19	A commercial vehicle driver must have the opportunity to have at least how many continuous hours of rest, preferably between 10pm and 8am each day;	<ul style="list-style-type: none"> ○ 6 hours ○ 7 hours ○ 8 hours
20	Should the employer ensure the employees have a current medical prior to the commencement of operating the commercial vehicle	<ul style="list-style-type: none"> ○ True ○ False
21	Should employers structure and manage working hours, shift rosters and shift cycles to minimise the potential for fatigue for the employees	<ul style="list-style-type: none"> ○ True ○ False

22	Should employers consult the workforce on changes to working hours and shift patterns that may affect the fatigue risk?	<ul style="list-style-type: none"> ○ True ○ False
23	Excessive commuting time combined with extended working hours can reduce the time available for adequate sleep and consequently increase the level of fatigue. Where substantial distances are travelled in commute, either on a daily basis or at the start and finish of the shift roster what should be considered?	<ul style="list-style-type: none"> ○ Suitable travel arrangements ○ Adjustment of the shift length ○ Varying the work undertaken in the first and last shifts ○ All of the above
24	Fatigue in the Workplace can result in?	<ul style="list-style-type: none"> ○ Errors and accidents ○ Ill-health and injury ○ Reduced productivity ○ Low team morale ○ All of the above
25	Can working in a hot or cold environment contribute to fatigue?	<ul style="list-style-type: none"> ○ True ○ False

NAME: _____

COMPANY: _____

DATE: _____