

MACAO CONSULTING FATIGUE MANAGEMENT QUESTIONS.

www.safetyline.wa.gov.au/fatigue

No	Question	Answers
1	Is it bad practice to push yourself to the limit on a trip :	<ul style="list-style-type: none"> ○ Because you may get sick ○ Because people are not good judges of their own fatigue and may fall asleep at the wheel ○ Because you may be too tired to go to a party when you get home
2	Commercial vehicle's driver's trip schedules should be designed so that:	<ul style="list-style-type: none"> ○ Allowance is made for 7 continuous hours of rest ○ Drivers have time away from work to socialize ○ Drivers can get the job done quickly and then get onto another job to make more money
3	If you are a night worker it is possible to change your body clock to become a totally night person	<ul style="list-style-type: none"> ○ True ○ False
4	Night workers who have to sleep during the day get:	<ul style="list-style-type: none"> ○ Around 2 hours less sleep at night ○ Are more alert during their shifts ○ Are three times less likely to have an accident
5	If you are getting enough sleep during the night and you still feel fatigued and drowsy during the day	<ul style="list-style-type: none"> ○ You should eat less junk food and eat more fruits and vegetables ○ You should see a "sleep doctor" ○ Ignore it, because it happens to everyone at some time or another
6	Sleep debt is the accumulation of fatigue, which results from several days of inadequate sleep	<ul style="list-style-type: none"> ○ True ○ False
7	A 20 minute nap taken before serious fatigue sets in is more beneficial than one taken when you are thoroughly exhausted	<ul style="list-style-type: none"> ○ True ○ False
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"> ○ Getting less than six hours sleep ○ Being awake for more than twenty hours ○ Driving between midnight and 6am ○ All of the above

9	It is important to report incidents or near misses that didn't damage gear or hurt people	<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	<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	<input type="radio"/> True <input type="radio"/> False
12	If I drive at night, I am just as alert as I would be during the day	<input type="radio"/> True <input type="radio"/> False
13	What is the main factor controlling the body clock	<input type="radio"/> What time I eat <input type="radio"/> The cycle of light and dark <input type="radio"/> The times when I am normally active or sleep
14	At what time of day is alertness at it's lowest	<input type="radio"/> 6pm – 12 midnight <input type="radio"/> 12 midnight – 6am <input type="radio"/> 6am – 12 noon <input type="radio"/> 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	<input type="radio"/> True <input type="radio"/> False
16	Trip schedules for commercial vehicle drivers should be designed to provide at least;	<input type="radio"/> 7 continuous hours of rest, preferably at night <input type="radio"/> 6 continuous hours of sleep at night <input type="radio"/> As quick a trip as possible
17	It has been estimated that the following percentage of rural crashes are due to fatigue;	<input type="radio"/> 10% <input type="radio"/> 20% <input type="radio"/> 30% <input type="radio"/> 40%
18	The General Duty of Care principles in the Occupational Safety and Health Act of 1984 do not apply to the road transport industry	<input type="radio"/> True <input type="radio"/> 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	The benefit of having a nap is that it;	<ul style="list-style-type: none"> ○ Passes the time when waiting for a load ○ Allows more time for recreation in the evening ○ Is good practice to prevent fatigue developing
21	Using strong stimulants, such as amphetamines, will not replace the need for sleep, and will make you doubly tired when they wear off.	<ul style="list-style-type: none"> ○ True ○ False
22	Which of the following hormones found in our bodies is important in setting our biological clock?	<ul style="list-style-type: none"> ○ Melatonin ○ Serotonin ○ Thyroxin
23	If an employee does not have a current medical how much can they be fined	<ul style="list-style-type: none"> ○ \$5,000 ○ \$10,000 ○ \$15,000
24	A microsleep is most likely to occur when a person;	<ul style="list-style-type: none"> ○ Is on a long drive ○ Is driving a truck ○ Has had less than seven to eight hours of sleep
25	The stimulant caffeine takes effect in about;	<ul style="list-style-type: none"> ○ 5 to 10 minutes ○ 10 to 15 minutes ○ 20 to 30 minutes

NAME:

COMPANY:

DATE: