



CP Fatigue Self-Assessment Tool

How much sleep did you obtain in the 24 hours prior to duty?

Less than 5 hours

Between 5 to 7 hours

More than 7 hours

How much sleep did you obtain in the 48 hours prior to duty?

Less than 12 hours

Between 12 to 14 hours

More than 14 hours

What is your current level of sleepiness?

9 – Very sleepy, great effort
to keep awake, fighting sleep

8 – Sleepy, but some effort
to keep awake

7 – Sleepy, but no effort
to keep awake

6 – Some signs of sleepiness

5 – Neither alert nor sleepy

4 – Rather alert

3 – Alert

2 – Very alert

1 – Extremely alert



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Fatigue Category	Self- Assessment Score	Action Required
Low	All 3 categories must be green	FIT FOR DUTY. Monitor for signs of fatigue. No additional fatigue risk controls required.
Moderate	Any category scored a yellow	FIT FOR DUTY. Inform manager of potential elevated fatigue. Monitor for signs and symptoms of fatigue. Additional fatigue mitigations may be required.
High	Any category scored a red	UNFIT FOR DUTY. If prior to a duty period, report that you are unfit for duty. If on duty, suspend any safety critical tasks as soon as it is safe to do so and report that you are unfit for duty to the manager.