

Hawk Energy, LLC	Activity: ALL WORK Long Shift/Sleep Deprivation		Doc No:	HAZ-ID
			Initial Issue Date	12/12/2024
			Revision Date:	12/12/2024
HAZARD IDENTIFICATION AND ASSESSMENT			Revision No.	1
			Next Revision Date:	12/11/2024
Preparation: Kirk Duncan	Authority: David Slim	Issuing Dept: Safety	Page:	1 of 3

Purpose

- **Long Shift / Sleep Deprivation**

Key Responsibilities

- Getting enough sleep
- Knowing your limits and how much sleep you need
- When working in the oilfield there is no such thing as having a set time as to when you get off of work. You never know when something might come up and you have to work extra hours so make sure your body is prepared for this.
- Be responsible you know what you need to do.

Hazard and Risk Identification

Employees MAY be exposed to these dangers associated with long shifts and sleep deprivation.

- Pinch Points or smashed body parts
- Falling asleep while driving
- Putting other co-workers at risk for injury
- Not being able to function correctly while on the job
- If you can't follow the basic job steps for the job you are on you could cause serious injury to you or others around you
- If you are starting your day off tired and driving to work tired then you shouldn't be going to work.

Risk Assessment

Hazards are classified and ranked based on severity. The program identifies hazards are classified/prioritized and addressed based on the risk associated with the task. (See the risk analysis matrix outlining severity and probability).

Sleep deprivation may result from long shifts or off duty activities that prevent proper rest. Everyone is susceptible to fatigue. Although it is easily preventable, it is common place in today's workforce.

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Hawk Energy, LLC. RISK ASSESSMENT MATRIX – LONG SHIFT / SLEEP DEPRIVATION

CONSEQUENCE					PROBABILITY				
Severity	People	Assets	Environment	Reputation	A	B	C	D	E
					Not Done	Rarely	Once a week	Several Times in a Week	Multiple Times in a Day
0	No health effect	No damage	No effect	No impact					X
1	Slight health effect	Slight damage	Slight effect	Slight impact		X			
2	Minor health effect	Minor damage	Minor effect	Limited impact		X			
3	Major health effect	Localized damage	Localized effect	Considerable impact		X			
4	Single fatality	Major damage	Major effect	National impact	X				
5	Multiple fatalities	Extensive damage	Massive effect	Global impact	X				

Key	Manage for continuous improvement (Low)	Incorporate risk reduction measures (Medium)	Intolerable (High)
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Risk Controls/Methods to Ensure Identified Hazards Are Addressed and Mitigated

The following describes how identified hazards are addressed and mitigated:

- Your supervisors and Managers have no control over how much sleep you get. Make sure your responsible enough to get the amount of sleep that you need for your body to function correctly and be able to not put your or others at risk for injury.
- If you begin to feel sleepy while on the job let your supervisor know so you don't get you or anyone else injured.
- Extra work hours can happen at any time and any day make sure you're prepared for that.
- Keep your body healthy
 - At least 8 hours of sleep
 - Drink lots of water
 - Eat
- If you are driving to work tired then you shouldn't be going to work.

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JSA Sample

The following describes how identified hazards are addressed and mitigated:

Basic Job Step	Potential Injury or Hazards	Mitigation / Tools
Driving the field	Falling asleep at the wheel	Make sure you get plenty of sleep and be prepared for work. If you start feeling sleepy call your supervisor and see if they can have a co – Worker some and replace you for the rest of your shift.

Other Info

Deadliest danger isn't at the rig it's on the road. An oilfield worker was killed in a company truck that crashed when the driver fell asleep.

