

Quality of Sleep/Wake Factor	Amount of sleep in the previous 24 hrs <i>(select if applicable)</i>	less than 8 hours	+1
		less than 5 hours	+4
Amount of sleep in the previous 48 hrs <i>(select if applicable)</i>	12-13 hours	+1	
	less than 12 hours	+4	
Forecast number of hours awake at the final aircraft shutdown <i>(select only one)</i>	8-10 hours	+1	
	more than 10 hours	+2	
Acclimatization	Number of time zones travelled to get to project site <i>(Only select if on site for less than 3 full days)</i>	3-5 time zones	+2
		more than 5 time zones	+4
Time on task	Forecast flight time for the day	6-8 hours daily flight time for single pilot or 8-10 hours dual pilot	+2
		more than 8 hours daily flight time for single pilot or more than 10 hours for dual pilot <i>(Exceeds IAGSA recommendation)</i>	+6
Escalating factors	Select all that apply	Elevated stress level <i>(Home life, client pressure, crew dynamics etc.)</i>	+1
		Deployed/ on tour for more than $\frac{3}{4}$ of planned deployment	+1
		Known Illness <i>(Cold, Headaches, Flu, etc.)</i>	+1

Match total score with action on reverse





Pilot Daily Fatigue
Self-Assessment



International Airborne Geophysics
Safety Association

SAFETY IN THE AIR BEGINS ON THE GROUND



SAFETY IN THE AIR BEGINS ON THE GROUND

MATCH ACTION TO TOTAL SCORE

Stay on the ground	18+
Proceed upon approval from Chief Pilot of agreed mitigation measures	15-17
Reduce flight time and if possible reduce duty period	6-14
Continue as normal	0-5

Quality of Sleep/Wake Factor	Amount of sleep in the previous 24 hrs <i>(select if applicable)</i>	less than 8 hours	+1
		less than 5 hours	+4
Amount of sleep in the previous 48 hrs <i>(select if applicable)</i>	12-13 hours	+1	
	less than 12 hours	+4	
Forecast time awake at completion of the day's maintenance tasks <i>(select only one)</i>	8-10 hours	+1	
	more than 10 hours	+2	
Acclimatization	Number of time zones travelled to get to project site <i>(Only select if on site for less than 3 full days)</i>	3-5 time zones	+2
		more than 5 time zones	+4
Time on task	Forecast active maintenance time for the day	6-8 hours	+2
		more than 8 hours	+4
Escalating factors	Select all that apply	Elevated stress level <i>(Home life, client pressure, crew dynamics etc.)</i>	+1
		Deployed/ on tour for more than $\frac{3}{4}$ of planned deployment	+1
		Known Illness <i>(Cold, Headaches, Flu, etc.)</i>	+1

Match total score with action on reverse





Engineer Daily Fatigue
Self-Assessment



International Airborne Geophysics
Safety Association

SAFETY IN THE AIR BEGINS ON THE GROUND



SAFETY IN THE AIR BEGINS ON THE GROUND

MATCH ACTION TO TOTAL SCORE

Defer all maintenance	18+
Proceed upon approval of agreed mitigation measures from Head of Maintenance	15-17
Reduce duty day and defer non-essential tasks	7-14
Continue as normal	0-6