

| | | | |
|---|--|--|----|
| 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 |