

Shiftwork & Fatigue Survey

Use this survey at your workplace as a way of starting the discussions about the health and safety effects of fatigue, working shifts and long hours.

Remember: Shiftwork affects health & safety, so consultation with H&S Reps & workers is required under H&S laws.

1. Why do you work shift work?

- Job must be done at those hours
- Better pay
- Prefer working those hours
- More time off
- Other (please specify) _____

2. Do you have any input into your roster?

- Yes
- No

3. What shift do you normally work?

- day shift
- afternoon shift
- night shift
- rotating shifts

4. What is the normal length of your shift?

- 8 hr
- 10 hr
- 12 hr
- more than 14 hrs

5. How many total hours do you usually work each week? (averaged over 4 weeks)

- Less than 35
- 35 - 39
- 40 - 49
- 50 +

6. How many hours per week of paid overtime do you usually work?

- None - I don't usually work paid overtime
- Less 5 hours
- Between 5 and 10 hours
- More than 10 hours

7. How many hours per week of unpaid overtime do you usually?

- None - I don't usually work unpaid overtime
- Less than 5 hours
- Between 5 and 10 hours
- More than 10 hours



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8. Do you often have less than 12 hours break between shifts?

- Yes
 No

9. Do you usually work more than 5 days in a row?

- No – I usually work less than 5 days in a row
 Between 5-7 days in a row
 Between 7-15 days in a row
 More than 15 days in a row

10. Has your health suffered because of your roster?

- Yes
 No

11. If yes, indicate if you have had any of the following symptoms:

- sleep difficulties
 continual tiredness
 feeling depressed
 indigestion
 high blood pressure
 panic/anxiety attacks
 menstrual problems
 frequent colds or respiratory illnesses

12. Does your family complain about your roster?

- Never
 Sometimes
 Frequently

13. Do you have sufficient access to the following facilities on your roster?

Canteen and/or eating facilities

- Yes
 No

First aid

- Yes
 No

Training and information

- Yes
 No

14. Does training include information on the effects of shift work?

- Yes
 No