




The following principles are key to a good schedule design that minimizes fatigue and performance impairment by incorporating sufficient recovery opportunities. These principles are based on normal, routine operations only and do not account for overtime, callouts, outages or unplanned events. Compare your schedule to the risk scale to see where improvements can be made.

Principle	Measure	Lower Fatigue Risk	Moderate Fatigue Risk	Higher Fatigue Risk
On duty rest breaks				
1. Sufficient time off-task	What % of shift requires sustained attention?	<input type="checkbox"/> Under 85%	<input type="checkbox"/> 85-90%	<input type="checkbox"/> Over 90%
2. Regular rest breaks	How much time on task before a 15 min break?	<input type="checkbox"/> Once every 3 hours	<input type="checkbox"/> Once every 4 hours	<input type="checkbox"/> Once every 5 hours
Recovery breaks (turnaround time)				
3. Adequate sleep opportunity	What is the turnaround time between shifts?	<input type="checkbox"/> 10 hrs or more	<input type="checkbox"/> 8-10 hours	<input type="checkbox"/> 8 hours or less
4. Maximize night time sleep	Proportion of recovery breaks in workset that preserve sleep between midnight and 0600?	<input type="checkbox"/> No shifts start or end between midnight and 0600	<input type="checkbox"/> Half or less start or end between midnight and 0600	<input type="checkbox"/> More than half start or end between midnight and 0600
5. Minimize night work	Proportion of shifts in workset that start or end between midnight and 0600?	<input type="checkbox"/> No shifts start or end between midnight and 0600	<input type="checkbox"/> Half or less start or end between midnight and 0600	<input type="checkbox"/> More than half start or end between midnight and 0600
6. Minimize shift length	Time on duty (including splits if applicable)	<input type="checkbox"/> 8-10 hours	<input type="checkbox"/> 10-12 hours	<input type="checkbox"/> > 12 hours
Reset breaks (time off b/w a block of shifts)				
7. Prevent fatigue accumulation during a workset	# of shifts prior to having 34 hrs off, which includes two night sleep periods	<input type="checkbox"/> 2-4 days (48-72 hrs) between reset breaks	<input type="checkbox"/> 5-7 days (96-168 hrs) between reset breaks	<input type="checkbox"/> 8 or more days (192+ hours) between reset breaks

**Adapted from ONRSR Code of Practice Fatigue Risk Management*

On Duty Rest Breaks - Breaks within shift to reduce extended time-on-task

Recovery Breaks (turnaround time) - Sleep opportunities between shifts

Reset Breaks (days off) - Breaks in between a sequence or block of shifts