

SLEPT - NOD

FATIGUE SCREENING TOOL

Make sure your colleagues get home safely

- S** Do they feel **SLEEPY**?
- L** Has it been a **LONG** shift? *
- E** Are they relying on caffeine or **ENERGY** drinks to stay awake?
- P** Do they need a **POWER NAP**?
- T** Do they look **TIRED**? Are they finding it hard to talk or concentrate?



If the answer to any of these is "Yes", take action!
Don't let them NOD off!

- N** **NAP** before driving home; miss rush hour & feel more alert
- O** Are there **OTHER WAYS** to get home than driving? Taxi or lift?
- D** Remember, **DRIVING** when tired is **DANGEROUS**

Fatigue impairs decision-making
Help your colleagues make the safe choice

* remember to **exception report** where appropriate