

Fatigue Awareness and Mitigation: The Nuts & Bolts

**SAFETY
STAND/DOWN**
2018
NORMALIZATION of EXCELLENCE



NAME: _____

Trenton Time		0000 0100	0100 0200	0200 0300	0300 0400	0400 0500	0500 0600	0600 0700	0700 0800	0800 0900	0900 1000	1000 1100	1100 1200	1200 1300	1300 1400	1400 1500	1500 1600	1600 1700	1700 1800	1800 1900	1900 2000	2000 2100	2100 2200	2200 2300	2300 0000
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DAY	DATE																								
MONDAY																									
TUESDAY																									
WEDNESDAY																									
THURSDAY																									
FRIDAY																									
SATURDAY																									
SUNDAY																									
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WEDNESDAY																									
THURSDAY																									
FRIDAY																									
SATURDAY																									
SUNDAY																									

ACCIDENT TIME	X	DUTY	AD
SLEEP (include naps): "Lights out" to "Wake up"	S	AWAKENINGS	A

LEARN → APPLY → SHARE