

 HSE DOCUMENTS Ready2Use Free Editable	RISK ASSESSMENT			Document No: ABC-HSE-00-FRM
	DRIVING FATIGUE			Date of issue: 01-Month-2025
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PROJECT / LOCATION:	DATE: 00-00-2025	DATE OF NEXT ASSESSMENT
Job No.		00-00-2026

TASK / ACTIVITY
Driving Fatigue

No.	Hazard	Consequence	Who Might be Harmed?	Risk Level			Risk Control Measures	Residual Risk			Remarks
				PR	S	E/H/M/L/N		PR	S	E/H/M/L/N	
1.	Fatigue: Tiredness Sleepiness, including falling asleep against your will ("micro sleeps") Irritability Depression Loss of appetite Digestive problems Increased susceptibility to illness	- Road transport accident - Reduced decision-making ability - Reduced communication skills - Reduced attention and vigilance - Reduced ability to handle stress on the job - Reduced reaction time (both in speed and thought) — studies show this	- Drivers - Passengers 3rd party drivers	3	5	H	- Follow the Journey Management Procedure - Take breaks according to the journey plan. - Fatigue Training - Establish regular eating times. - Monitor caffeine intake. - Maintain regular sleeping patterns. - Recovery Measures: - First aid, - Press panic button, - Call the emergency response number, - Medical treatment,	1	5	L	

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		effect can be similar to being legally drunk ● Loss of memory or the ability to recall details ● Failure to respond to changes in surroundings or information provided ● Unable to stay awake (e.g., falling asleep while operating machinery or driving a vehicle) ● Increased tendency for risk-taking ● Increased forgetfulness ● Increased errors in judgment								
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5.2 Risk Assessment Guidelines

SEVERITY								Consequences: 6 – Catastrophic – Multiple fatalities 5 – Major - Single Fatality 4 – Serious – Permanent disability 3 – Moderate – Lost Time Injury 2 – Minor – Medical Treatment 1 – Insignificant – First Aid Case
LIKELIHOOD		Insignificant	Minor	Moderate	Serious	Major	Catastrophic	
	1	1	2	3	4	5	6	
	2	2	4	6	8	10	12	
	3	3	6	9	12	15	18	
	4	4	8	12	16	20	24	
	5	5	10	15	20	25	30	
	6	6	12	18	24	30	36	
	24 - 36	Extreme	Immediate action required, Activity should not to proceed in current form					
	15 - 20	High	Prompt action required, including interim actions. Activity should be modified to include remedial action and planning.					
	8 - 12	Medium	Schedule action including any interim countermeasures e.g. implement safe work procedures, signage, instructions					
	4 - 6	Low	Activity can operate subject to management and or modification,					
	1 - 3	Very Low/ Negligible	Risk almost certainly acceptable, no action required unless escalation of risk is possible					

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Likely Frequency:

Likelihood (of adverse event occurring)			
	Description	Health & safety	Environmental
6	Almost certain or imminent	Occurs all the time	Continuous or will happen frequently
5	Highly likely	Common occurrence, Occurs multiple times in a year	Happens 5 – 10 times per year
4	Likely or could occur	Know to occur in the last 12 months	1 – 5 times per Year
3	Not likely, but possible	Has occurred in an industry worldwide	Once every 5 years
2	Unlikely	Has not occurred in over 10 years of the same activity	Not happened in over 10 years
1	Rare	Theoretically possible, but not expected to occur	theoretically possible, but not expected to occur

The **Residual Risk** has been calculated following the assumption of control measures implementation.

Prepared by: HSE Engineer	Reviewed by: HSE Manager	Approved by:
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Sign:	Date:	Sign:	Date:	Sign:	Date: