



**HUMAN FACTORS GROUP: ENGINEERING - MAINTAINER & GROUNDCREW FATIGUE RISK MANAGEMENT**

<b>BANDS</b>	<b>FATIGUE RISK LEVEL</b>	<b>LOW</b>			<b>MEDIUM</b>	<b>HIGH</b>	<b>EXTREME</b>
	<b>WORKING TIME REGS (WTR) TERMINOLOGY</b>	<b>ROUTINE</b>	<b>SPECIAL CIRCUMSTANCES</b>	<b>WTR OPT-OUT</b>	<b>Working Time Regulations 1998 (WTR)</b> brought into force the EU Working Time Directive as part of British law on 01 Oct 98.		
	<b>MILITARY TERMINOLOGY</b>	2008DIN01-050. Commanding Officers are to apply WTR (including exemptions where appropriate) on a worldwide basis.			<b>EXERCISES</b>	<b>OPERATIONS</b>	<b>WARFIGHTING</b>
<b>BAND A</b> WTR & Mod DIN	<b>WTR 17 WEEK REF PERIOD</b>	<b>STANDARD 48HR WEEK</b>					
	<b>WTR 26 WEEK REF PERIOD</b>		<b>NO NIGHT LIMITS - COMPENSATORY REST</b>				
<b>BAND B</b> WTR 'Opt-Out' Mod Exemptions	<b>Prof FOLKARD 'NIGHT SHIFT' LIMIT</b>		<b>NA - SEE WTR NIGHT WORK LIMIT</b>				
	<b>Prof FOLKARD 7 'DAY SHIFT' LIMIT</b>		<b>MAX 13HRS ON - MIN 11HRS OFF MIN 59HRS CONTINUOUS OFF NO START BEFORE 0600HRS</b>				
<b>BAND C</b> Military Operations and Warfighting	<b>PRIOR SLEEP WAKE MODEL (PSWM)</b>	<b>PSWM.</b> An individual is at a significantly elevated risk of fatigue related error when they have: a. obtained less than 5 hrs sleep in the last 24 hrs. b. obtained less than 12 hrs sleep in the last 48 hrs. c. currently been awake for longer than the amount of sleep had in the last 48 hrs		<b>FATIGUE LIKELIHOOD SCORE: 0</b>	<b>FATIGUE LIKELIHOOD SCORE: 1 - 5</b>	<b>FATIGUE LIKELIHOOD SCORE: 6 - 12</b>	<b>FATIGUE LIKELIHOOD SCORE: 13+</b>
	<b>DARS PSWM 24HR AWAKE / SLEEP 'RULE OF THUMB'</b>			<b>16HRS AWAKE 8HRS SLEEP</b>	<b>&gt;17HRS AWAKE &lt; 7HRS SLEEP</b>	<b>&gt;18HRS AWAKE &lt; 6HRS SLEEP</b>	<b>&gt;19HRS AWAKE &lt; 5HRS SLEEP</b>
	<b>INDICATIVE LEVEL OF AUTHORITY REQUIRED</b>			<b>NA</b>	<b>SUB-UNIT / FLT COMD aeo / SENGO</b>	<b>SHIP / UNIT / SQN FORCE COMD</b>	<b>THEATRE COMD</b>
	<b>FATIGUE RISK LEVEL</b>	<b>LOW</b>		<b>MEDIUM</b>	<b>HIGH</b>	<b>EXTREME</b>	