

## Fatigue Management – Quiz (Answer Key)

1. According to the National Safety Council, \_\_\_\_\_ of workplace injuries can be attributed to fatigue.
  - a. 13%
  - b. 25%
  - c. 18%
  - d. 75%
2. The body's circadian rhythm affects several aspects, including all except:
  - a. Sleeping
  - b. Waking
  - c. Digestion
  - d. Acne
3. According to the average circadian rhythm cycle, a person typically has their highest blood pressure at \_\_\_\_\_.
  - a. 4:30 AM
  - b. 10:00 AM
  - c. 6:30 PM
  - d. 12:00 PM
4. Naps longer than \_\_\_\_\_ can lead to the feeling of "sleep inertia".
  - a. 20 minutes
  - b. 4 hours
  - c. 10 minutes
  - d. 1 hour and 30 minutes
5. According to the Sleep Health Foundation, \_\_\_\_\_ hours without sleep is as dangerous as having a blood alcohol content of 0.08%.
  - a. 24
  - b. 30
  - c. 17
  - d. 48
6. True/False. Several federal agencies have established limits on work shifts.
  - a. True
  - b. False

## How Tired Are You?

For each statement below, circle the number that corresponds to how you feel.

|  | Never | Sometimes | Regularly | Often | Always |
|--|-------|-----------|-----------|-------|--------|
| I am bothered by fatigue.                                | 1     | 2         | 3         | 4     | 5      |
| I get tired very quickly.                                | 1     | 2         | 3         | 4     | 5      |
| I don't do much during the day.                          | 1     | 2         | 3         | 4     | 5      |
| I have enough energy for everyday life.                  | 5     | 4         | 3         | 2     | 1      |
| Physically, I feel exhausted.                            | 1     | 2         | 3         | 4     | 5      |
| I have problems starting things.                         | 1     | 2         | 3         | 4     | 5      |
| I have problems thinking clearly.                        | 1     | 2         | 3         | 4     | 5      |
| I feel no desire to do anything.                         | 1     | 2         | 3         | 4     | 5      |
| Mentally, I feel exhausted.                              | 1     | 2         | 3         | 4     | 5      |
| When I am doing something, I can concentrate quite well. | 5     | 4         | 3         | 2     | 1      |

My score is \_\_\_\_\_

Scoring system:

- Scores above 22 represent significant fatigue
- Scores less than 22 indicate "normal" levels of fatigue
- Between 22 and 34 indicates mild-to-moderate fatigue
- 35 or more indicates severe fatigue