

Fatigue Management – Quiz

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