



# Fatigue Assessment Checklist for Drivers

In addition to our recommendations detailed in the Ola Driver Fatigue Management Policy, Ola recommends all drivers to review this checklist prior to logging on the Ola platform each time to assess the driver's fitness to provide transport service to our customers.

## Log in checklist

	Yes/No
<b>Am I impaired by any drugs, alcohol or fatigue?</b> If you answer no, you must not drive.	
<b>Do I feel unwell or have I got any unmanaged medical issues which might impair my driving ability?</b> If you answer Yes, you must not drive.	
<b>Have I performed any work-related activities other than driving for Ola?</b> If you have performed other work related activities, these hours must be added to your total driving hours and you must inform Ola.	
	Hours
Total sleep obtained in last 24 hours – <i>Note: Consider all activities</i>	
Total sleep obtained in last 48 hours – <i>Note: Consider all activities</i>	



## Sleepiness assessment

How alert or sleepy I am feeling right now.	SCORE
Extremely alert	1
Very alert	2
Alert	3
Rather Alert	4
Neither alert nor sleepy	5
Some signs of sleepiness or fatigue including: <ul style="list-style-type: none"><li>• not feeling refreshed after sleep</li><li>• poor concentration</li><li>• not being able to see clearly</li><li>• the need for longer sleep during breaks</li><li>• wanting things done quickly (or having a short temper)</li><li>• always yawning</li><li>• fidgeting</li><li>• stretching</li><li>• sore or heavy eyes</li><li>• having blurred vision</li></ul>	6
Sleepy, but no difficulty remaining awake	7
Sleepy, some effort to keep alert	8
Extremely sleepy, fighting sleep	9
Total Score	



## Risk assessment classification

<b>Low Risk</b>	6 or more hrs sleep in last 24 hrs <b>AND</b> Driver's sleepiness score is 5 or less	
<b>Moderate Risk</b>	Between 5.5 & 6 hrs sleep in last 24 hrs <b>AND</b> Driver's sleepiness score is less than 6	
<b>High Risk</b>	Between 5 and 5.5 hrs sleep in last 24 hrs <b>AND</b> Driver's sleepiness score is more than 7	
<b>Extreme Risk</b>	Less than 5.0 hrs sleep in the last 24 hrs <b>AND</b> Driver's sleepiness score is more than 7	

## Risk assessment controls

<b>Low Risk</b>	Driver is fit to commence work
<b>Moderate Risk</b>	Driver needs to be on high alert and should closely monitor for increasing signs of fatigue.
<b>High Risk</b>	Driver poses a significant risk and must not drive.
<b>Extreme Risk</b>	Driver poses an extreme risk and must not drive.



## Further information

If you have any questions or comments regarding anything in this document or if you require further information, you can email us at [care.australia@olacabs.com](mailto:care.australia@olacabs.com).