

Sonoma County Search & Rescue
Managing Field Fatigue: The Hidden Search & Rescue Risk

QUESTIONS	CATEGORIES	SCORE
1. How long have you been at this search incident?	0-4 hours (0) 4-8 hours (5) >8 hours (10)	_____
2. How many hours have you been in the field on assignments?	0-4 hours (0) 4-8 hours (5) >8 hours (10)	_____
3. How long have you been awake?	0-8 hours (0) 8-16 hours (5) >16 hours (10)	_____
4. During your time in the field, did you experience any "zoning" (can't recall blocks of time)?	No (0) Yes (5)	_____
5. How many hours has it been since your last full meal?	0-4 hours (0) > 4 hours (5)	_____
6. When did you last intake caffeine?	0-4 hours (0) > 4 hours (5)	_____
7. Did you take a 15-minute napping period in the last 4 hours?	No (15) Yes (0)	_____
8. Define the quality of your last full sleep period (> 5 hours)	Good (0) Poor (5)	_____
9. What time is it now?	Between 2:00 PM and 4:00 PM (15) Between 2:00 AM and 4:00 AM (15) Other (0)	_____
10. How long of a drive home do you have?	0-1 hour(0) >1 hour (5)	_____
	TOTAL SCORE	_____

SUGGESTED ACTIONS:

A score of 0 to 40 suggests fatigue risk is negotiable
A score of 40 to 60 suggests fatigue risk is medium
A score of 60 to 100 suggests fatigue mitigation is needed

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SEARCHER SAFE.

TEACHER DATE.
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