

AIR MEDICAL CREW - FATIGUE SCORE

Criteria	Score	Total Points
1. Sleep in prior 24 hours	< 2 hours = 12 points	
	3 hours = 8 points	
	4 hours = 4 points	
	5 hours = 0 points	
2. Sleep in prior 48 hours	< 8 hours = 8 points	
	9 hours = 6 points	
	10 hours = 4 points	
	11 hours = 2 points	
	12 hours+ = 0 points	
3. Hours awake since last sleep	One point per hour greater than hours in line 2	
Total Fatigue Score	Total lines 1, 2, and 3	
SCORE 1 - 4	Sell monitor	
SCORE 5 - 8	Call Ops Manager for monitoring	
SCORE 9	Call Ops Manager and request break	

