

# Recognizing Fatigue Checklist

Registered Nursing Association of Ontario (2011) Preventing and mitigating nurse fatigue in healthcare, page 61. (Accessed at [http://rnao.ca/sites/rnao-ca/files/Preventing\\_and\\_Mitigating\\_Nurse\\_Fatigue\\_in\\_Health\\_Care.pdf](http://rnao.ca/sites/rnao-ca/files/Preventing_and_Mitigating_Nurse_Fatigue_in_Health_Care.pdf) )

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Note: This checklist is to raise awareness about risk factors and red flags. It is not intended as a measure per se and has no normative data.

Recognizing Fatigue Checklist		
	YES	NO
1. Have verbal comments about feeling tired and being fatigued increased?		
2. Are there more complaints about physical ailments?		
3. Are staff members unusually irritable?		
4. Are disagreements among staff becoming more acrimonious and occurring more often?		
5. Are staff members having difficulty concentrating?		
6. Are staff members complaining about lack of adequate sleep and rest?		
7. Do staff members appear more tired than usual? Are they listless? Do they have dark circles under their eyes?		
8. Are staff members unable to complete their assignments in a timely, efficient manner?		
9. Have work-related injuries increased?		
10. Has the use of sick days increased?		
11. Are staff members becoming accident-prone?		
12. Are staff members having difficulty concentrating?		
13. Are staff members unusually emotionally labile?		
14. Is there a lack of interest in projects and activities that usually interest staff members?		
15. Are staff members expressing concern about their interpersonal relationships?		