



Managing fatigue and Best Rostering

Advice to LLEG's

1 December 2014

Rostering directly impacts on the health and safety of employees, and through them the productivity and quality of outcomes for patients. Following on from our Best Rostering Workshop, at which best practice principles were agreed, there does not appear too much that has changed, further to this NLEG has received very little feedback as to how these have been incorporated into rosters.

The following is a list of principles developed at the workshop which were to be applied to all on call rosters.

- Recovery time no less than 24 hours
- Any calls after 2400 require a 9 hour break after the call.
- Frequency of unsocial shifts restricted to 1:5 rotation
- No more than 1:4 consecutive days on-call
- Max 5/7 days worked in a row
- Length of shift should be no longer than 8 hours
- On call should be considered as on duty when considering the impact of fatigue.
- The time spent actually sleeping (as opposed to at work) and recuperating is key to managing fatigue. Just thinking about the time they were at work is insufficient.

NLEG is seeking feedback from the LLEGS on how these have been applied to your rosters. Please provide this response separate to your meeting minutes to NLEG.