

96 Hour Work / Rest History Worksheet

Name: Adam Emanuel

Date of Interview: 10/13/2023

Position: Captain

MISLE IIA #: \_\_\_\_\_

- Instructions:**
1. For the date of the accident and the previous four days, enter dates in the top "Casualty Date" blocks
  2. Mark the time that the casualty occurred with an "X"
  3. From the time of the marine casualty back through the previous four days (96 hours), identify the activity which best describes what the person was engaged in (you can have more than one).
  4. Add total work hours and note those in the bottom column for each day.

Example Activity Types:

Meal	Maintenance Work	Cargo operations	Alcoholic drink	watch / Duty
Sleep	Recreation / Time Ashore	Home	Home	Take Medication

Time :	Casualty Date:	Casualty Date -1:	Casualty Date -2:	Casualty Date -3:	Casualty Date -4:	Time :
	OCT 12 2023	OCT 11 2023	OCT 10 2023	OCT 9 2023	OCT 8 2023	
0:00	Sleep	Sleep	Sleep	Sleep	Sleep	0:00
100	Sleep	Sleep	Sleep	Sleep	Sleep	100
200	Sleep	Sleep	Sleep	Sleep	Sleep	200
300	Sleep	Sleep	Sleep	Sleep	Sleep	300
400	Sleep	Sleep	Sleep	Sleep	Sleep	400
500	Sleep	Sleep	Sleep	Sleep	Sleep	500
600	Watch	Work	Work	Work	Work	600
700	Watch	Work	Work	Work	Work	700
800	Watch	Work	Work	Work	Work	800
900	Watch	Work	Work	Work	Work	900
1000	Watch	Work	Work	Work	Work	1000
1100	Watch	Work	Work	Work	Work	1100
1200	Sleep	Sleep	Sleep	Sleep	Sleep	1200
1300	Sleep	Sleep	Sleep	Sleep	Sleep	1300
1400	Sleep	Sleep	Sleep	Sleep	Sleep	1400
1500	Sleep	Sleep	Sleep	Sleep	Sleep	1500
1600	Sleep	Sleep	Sleep	Sleep	Sleep	1600
1700	Sleep	Sleep	Sleep	Sleep	Sleep	1700
1800	Watch	Watch	Watch	Watch	Watch	1800
1900	Watch	Watch	Watch	Watch	Watch	1900
2000	Watch	Watch	Watch	Watch	Watch	2000
2100	Watch	Watch	Watch	Watch	Watch	2100
2200	Watch	Watch	Watch	Watch	Watch	2200
2300	X 2345	Watch	Watch	Watch	Watch	2300
2400	Watch	Sleep	Sleep	Sleep	Sleep	2400
Total Work Hours:	12	12	12	12	12	



**96 Hour Work / Rest History Worksheet**

Name: \_\_\_\_\_ Zachary Edwards

Date of Interview: \_\_\_\_\_ 10/13/2023

Position: \_\_\_\_\_ Chief Engineer

MISLE IIA #: \_\_\_\_\_

- Instructions:**
1. For the date of the accident and the previous four days, enter dates in the top "Casualty Date" blocks
  2. Mark the time that the casualty occurred with an "X"
  3. From the time of the marine casualty back through the previous four days (96 hours), identify the activity which best describes what the person was engaged in (you can have more than one).
  4. Add total work hours and note those in the bottom column for each day.

Example Activity Types:

Meal	Maintenance Work	Cargo operations	Alcoholic drink	watch / Duty
Sleep	Recreation / Time Ashore	Home		Take Medication

Time :	Casualty Date:	Casualty Date -1:	Casualty Date -2:	Casualty Date -3:	Casualty Date -4:	Time :
	Oct 12 2023	Oct 11 2023	Oct 10 2023	Oct 9 2023	Oct 8 2023	
0:00	Sleep	Sleep	Sleep	Sleep	Sleep	0:00
100	Sleep	Sleep	Sleep	Sleep	Sleep	100
200	Sleep	Sleep	Sleep	Sleep	Sleep	200
300	Sleep	Sleep	Sleep	Sleep	Sleep	300
400	Sleep	Sleep	Sleep	Sleep	Sleep	400
500	Sleep	Sleep	Sleep	Sleep	Sleep	500
600	Watch	Work	Work	Work	Work	600
700	Watch	Work	Work	Work	Work	700
800	Watch	Work	Work	Work	Work	800
900	Watch	Work	Work	Work	Work	900
1000	Watch	Work	Work	Work	Work	1000
1100	Watch	Work	Work	Work	Work	1100
1200	Sleep	Sleep	Sleep	Sleep	Sleep	1200
1300	Sleep	Sleep	Sleep	Sleep	Sleep	1300
1400	Sleep	Sleep	Sleep	Sleep	Sleep	1400
1500	Sleep	Sleep	Sleep	Sleep	Sleep	1500
1600	Sleep	Sleep	Sleep	Sleep	Sleep	1600
1700	Sleep	Sleep	Sleep	Sleep	Sleep	1700
1800	Watch	Watch	Watch	Watch	Watch	1800
1900	Watch	Watch	Watch	Watch	Watch	1900
2000	Watch	Watch	Watch	Watch	Watch	2000
2100	Watch	Watch	Watch	Watch	Watch	2100
2200	Watch	Watch	Watch	Watch	Watch	2200
2300	X 2345	Watch	Watch	Watch	Watch	2300
2400	Sleep	Sleep	Sleep	Sleep	Sleep	2400
Total Work Hours:	12	12	12	12	12	



**96 Hour Work / Rest History Worksheet**

Name: Andrew Smith

Date of Interview: 10/13/2023

Position: AB Deckhand

MISLE IIA #: \_\_\_\_\_

- Instructions:**
1. For the date of the accident and the previous four days, enter dates in the top "Casualty Date" blocks
  2. Mark the time that the casualty occurred with an "X"
  3. From the time of the marine casualty back through the previous four days (96 hours), identify the activity which best describes what the person was engaged in (you can have more than one).
  4. Add total work hours and note those in the bottom column for each day.

Example Activity Types:

Meal	Maintenance Work	Cargo operations	Alcoholic drink	watch / Duty
Sleep	Recreation / Time Ashore	Home	Home	Take Medication

Time :	Casualty Date:	Casualty Date -1:	Casualty Date -2:	Casualty Date -3:	Casualty Date -4:	Time :
	<u>Oct 12, 2023</u>	<u>Oct 11 2023</u>	<u>Oct 10 2023</u>	<u>Oct 9 2023</u>	<u>Oct 8 2023</u>	
0:00	Watch	Watch	Watch	Watch	Watch	0:00
100	Watch	Watch	Watch	Watch	Watch	100
200	Watch	Watch	Watch	Watch	Watch	200
300	Watch	Watch	Watch	Watch	Watch	300
400	Watch	Watch	Watch	Watch	Watch	400
500	Watch	Watch	Watch	Watch	Watch	500
600	Sleep	Sleep	Sleep	Sleep	Sleep	600
700	Sleep	Sleep	Sleep	Sleep	Sleep	700
800	Sleep	Sleep	Sleep	Sleep	Sleep	800
900	Sleep	Sleep	Sleep	Sleep	Sleep	900
1000	Sleep	Sleep	Sleep	Sleep	Sleep	1000
1100	Sleep	Sleep	Sleep	Sleep	Sleep	1100
1200	Watch	Watch	Watch	Watch	Watch	1200
1300	Watch	Watch	Watch	Watch	Watch	1300
1400	Watch	Watch	Watch	Watch	Watch	1400
1500	Watch	Watch	Watch	Watch	Watch	1500
1600	Watch	Watch	Watch	Watch	Watch	1600
1700	Watch	Watch	Watch	Watch	Watch	1700
1800	Sleep	Sleep	Sleep	Sleep	Sleep	1800
1900	Sleep	Sleep	Sleep	Sleep	Sleep	1900
2000	Sleep	Sleep	Sleep	Sleep	Sleep	2000
2100	Sleep	Sleep	Sleep	Sleep	Sleep	2100
2200	Sleep	Sleep	Sleep	Sleep	Sleep	2200
2300	X 2345	Sleep	Sleep	Sleep	Sleep	2300
2400	Watch	Watch	Watch	Watch	Watch	2400
Total Work Hours:	12	12	12	12	12	