

96 Hour Work / Rest History Worksheet

Name: Larry Gladsjo

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	Take Medication

Time :	Casualty Date:	Casualty Date -1:	Casualty Date -2:	Casualty Date -3:	Casualty Date -4:	Time :
	10/12/23	10/11/23	10/10/23	10/9/23	10/8/23	
0:00	Sleep	Sleep	Sleep	Sleep		0:00
100	Sleep	Sleep	Sleep	Sleep		100
200	Sleep	Sleep	Sleep	Sleep		200
300	Sleep	Sleep	Sleep	Sleep		300
400	Sleep	Rec	Sleep	Sleep		400
500	Sleep	watch Duty	Sleep	Sleep		500
600	Sleep	watch Duty	watch Duty	Sleep		600
700	Rec	Meal	watch Duty	Sleep		700
800	watch Duty	Rec	watch Duty	Meal		800
900	watch Duty	Rec	Meal	Rec.		900
1000	watch Duty	watch Duty	Rec	watch Duty	Home	1000
1100	watch Duty	Rec	Rec	watch Duty	crew up	1100
1200	watch Duty	Meal	meal	watch Duty	Rec	1200
1300	watch Duty	Rec	Rec	watch Duty	Rec	1300
1400	watch Duty	Rec	watch Duty	watch Duty	Rec.	1400
1500	watch Duty	Meal	watch Duty	watch Duty	watch Duty	1500
1600	meal	meal	meal	Meal	watch Duty	1600
1700	meal	watch Duty	meal	Meal	meal	1700
1800	Rec	watch Duty	Rec	Rec	meal	1800
1900	Rec	Rec	Rec	Rec	Rec	1900
2000	Sleep	watch Duty	Rec	Rec	Rec	2000
2100	Sleep	watch Duty	watch Duty	Sleep	Rec.	2100
2200	Rec	watch Duty	watch Duty	Sleep	Sleep	2200
X 2300	watch Duty	Sleep	Sleep	Sleep	Sleep	2300
2400	watch Duty	Sleep	Sleep	Sleep	Sleep	2400
Total Work Hours:	9-10	8	7	6	2	

96 Hour Work / Rest History Worksheet

Name: Luke Beck

Date of Interview: 10/13/23

Position: Mate Tankerman

MISLE IIA #: _____

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:
	10/12/23	10/11/23	10/10/23	10/9/23	10/8/23	
0:00	Sleep	Sleep	Sleep	Sleep		0:00
100	Sleep	Sleep	Sleep	Sleep		100
200	Sleep	Sleep	Sleep	Sleep		200
300	Sleep	Sleep	Sleep	Sleep		300
400	Sleep	Sleep	Sleep	Sleep		400
500	Sleep	watch/Duty	Sleep	Sleep		500
600	Sleep	watch/Duty	watch/Duty	Sleep		600
700	Sleep	Sleep	watch/Duty	Sleep		700
800	watch/Duty	Sleep	Sleep	Sleep		800
900	watch/Duty	Sleep	Sleep	watch/Duty		900
1000	watch/Duty	watch/Duty	Sleep	watch/Duty		1000
1100	watch/Duty	watch/Duty	Sleep	watch/Duty	Crew up	1100
1200	Sleep	Sleep	Sleep	watch/Duty	watch/Duty	1200
1300	watch/Duty	Sleep	Sleep	watch/Duty	Sleep	1300
1400	watch/Duty	Sleep	watch/Duty	watch/Duty	watch/Duty	1400
1500	watch/Duty	Sleep	watch/Duty	watch/Duty	watch/Duty	1500
1600	meal	Sleep	meal	meal	meal	1600
1700	meal	watch/Duty	meal	meal	meal	1700
1800	Sleep	meal	Sleep	Sleep	meal	1800
1900	Sleep	Sleep	Sleep	Sleep	Sleep	1900
2000	Sleep	Sleep	Sleep	Sleep	Sleep	2000
2100	Sleep	watch/Duty	watch/Duty	Sleep	Sleep	2100
2200	Watch/Duty	watch/Duty SLEEP	watch/Duty	Sleep	Sleep	2200
2300	2345 X	Sleep	Sleep	Sleep	Sleep	2300
2400		Sleep	Sleep	Sleep	Sleep	2400
Total Work Hours:	8-9	7	6	7	3	96hr

Name: Nathan Dumbiss
 Position: Chief Engineer

Date of Interview: 10-13-23
 MISLE IIA #: _____

- Instructions:**
- For the date of the accident and the previous four days, enter dates in the top "Casualty Date" blocks
 - Mark the time that the casualty occurred with an "X"
 - 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).
 - 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 :
	10/12/23	10/11/23	10/10/23	10/9/23	10/8/23	
0:00	Sleep	Sleep	Sleep	Sleep		0:00
100	Sleep	Sleep	Sleep	Sleep		100
200	Sleep	Sleep	Sleep	Sleep		200
300	Sleep	Sleep	Sleep	Sleep		300
400	Sleep	Sleep	Sleep	Sleep		400
500	Sleep	watch duty	Sleep	Sleep		500
600	Sleep	watch duty	watch duty	Sleep		600
700	Sleep	E/R duty	an watch E/R duties	Sleep		700
800	watch duty	Meal	watch duty	E/R duties		800
900	watch duty	Rec	Rec	Meal		900
1000	E/R duty	watch duty	Meal	watch duty	▽ Home	1000
1100	watch duty	Rec	Rec	watch duty	Crew up	1100
1200	watch duty	E/R duty	Rec	watch duty	Rec	1200
1300	watch duty	Meal	Rec	watch duty	Rec	1300
1400	watch duty	Rec	watch duty	watch duty	Rec	1400
1500	watch duty	meal	watch duty	watch duty	Watch duty	1500
1600	Rec	meal	E/R duty	Meal	Watch duty	1600
1700	Meal	watch duty	Meal	meal	Meal	1700
1800	Rec	watch duty	Rec	Rec	Meal	1800
1900	Rec	rec	Rec	Rec	E/R fuel transfer	1900
2000	Sleep	watch duty	Rec	Rec	Rec	2000
2100	Sleep	watch duty	watch duty	Sleep	Rec	2100
2200	watch duty	sleep	watch duty	Sleep	Sleep	2200
2300	watch duty	Sleep	Sleep	Sleep	Sleep	2300
2400	watch duty	Sleep	Sleep	Sleep	Sleep	2400
Total Work Hours:	11	9	8	7	3	

Name: William ColemanDate of Interview: 13th Oct 2023Position: Deckhand Tankerman

MISLE IIA #: _____

- Instructions:**
- For the date of the accident and the previous four days, enter dates in the top "Casualty Date" blocks
 - Mark the time that the casualty occurred with an "X"
 - 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).
 - 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 :
	12 th Oct '23	11 th Oct '23	10 th Oct '23	9 th Oct '23	8 th Oct '23	
0:00	Sleep	Sleep	Sleep	Barge Ops		0:00
100	Sleep	Sleep	Sleep	Barge Ops		100
200	Sleep	Sleep	Sleep	Barge Ops		200
300	Sleep	Sleep	Sleep	Barge Ops		300
400	Sleep	Sleep	Sleep	Barge Ops		400
500	Sleep	Barge Ops	Sleep	Barge Ops		500
600	Sleep	Barge Ops	Duty	Barge Ops		600
700	Sleep	Barge Ops	Duty	Sleep		700
800	Duty	Barge Ops	Duty	Sleep		800
900	Duty	Barge Ops	Rec	Sleep		900
1000	Rec	Barge Ops	Rec	Duty		1000
1100	Shopping	Barge Ops	Rec	Sleep	Crewup	1100
1200	Shopping	Sleep	Rec	Sleep	Rest	1200
1300	Shopping	Sleep	Rec	Sleep	Rest	1300
1400	Shopping	Sleep	Barge Ops	Sleep	Rest	1400
1500	Rest	Sleep	Barge Ops	Sleep	MEAL	1500
1600	MEAL	Rec	Barge Ops	MEAL	Barge Ops	1600
1700	MEAL	Duty	Barge Ops	MEAL	Barge Ops	1700
1800	Rest	Rec	Barge Ops	MEAL	Barge Ops	1800
1900	Rest	Rec	Barge Ops	Rec Sleep	Barge Ops	1900
2000	Rest	Duty	Barge Ops	Rec	Barge Ops	2000
2100	Rest	Duty	Barge Ops	Rec	Barge Ops	2100
2200	Duty	Duty	Duty	Sleep	Barge Ops	2200
2300	23:45 X	Sleep	Sleep ^{Duty}	Sleep	Barge Ops	2300
2400	Duty	Sleep	Sleep	Sleep	Barge Ops	2400
Total Work Hours:	9	11	13	8	9	