

96 Hour Work / Rest History Worksheet

Name: Van Lee Powell

Date of Interview: _____

Position: Pilot

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 :
0:00	Watch	Watch	Watch	Watch	Watch	0:00
100	Watch	Watch	Watch	Watch	Watch	100
X 200	Watch	Watch	Watch	Watch	Watch	200
300		Watch	Watch	Watch	Watch	300
400		Watch	Watch	Watch	Watch	400
500		Watch/meal	Watch meal	Watch meal	Watch meal	500
600		sleep	sleep	sleep	sleep	600
700		sleep	sleep	sleep	sleep	700
800		sleep	sleep	sleep	sleep	800
900		sleep	sleep	sleep	sleep	900
1000		sleep	sleep	sleep	sleep	1000
1100		sleep watch	sleep watch	sleep watch	sleep watch	1100
1200		Watch	Watch	Watch	Watch	1200
1300		Watch	Watch	Watch	Watch	1300
1400		Watch	Watch	Watch	Watch	1400
1500		Watch	Watch	Watch	Watch	1500
1600		Watch	Watch	Watch	Watch	1600
1700		Watch	Watch	Watch	Watch	1700
1800		meal sleep	meal sleep	meal sleep	meal sleep	1800
1900		sleep	sleep	sleep	sleep	1900
2000		sleep	sleep	sleep	sleep	2000
2100		sleep	sleep	sleep	sleep	2100
2200		sleep	sleep	sleep	sleep	2200
2300		sleep watch	sleep watch	sleep watch	sleep watch	2300
2400		Watch	Watch	Watch	Watch	2400
Total Work Hours:	2	12	12	12	11	