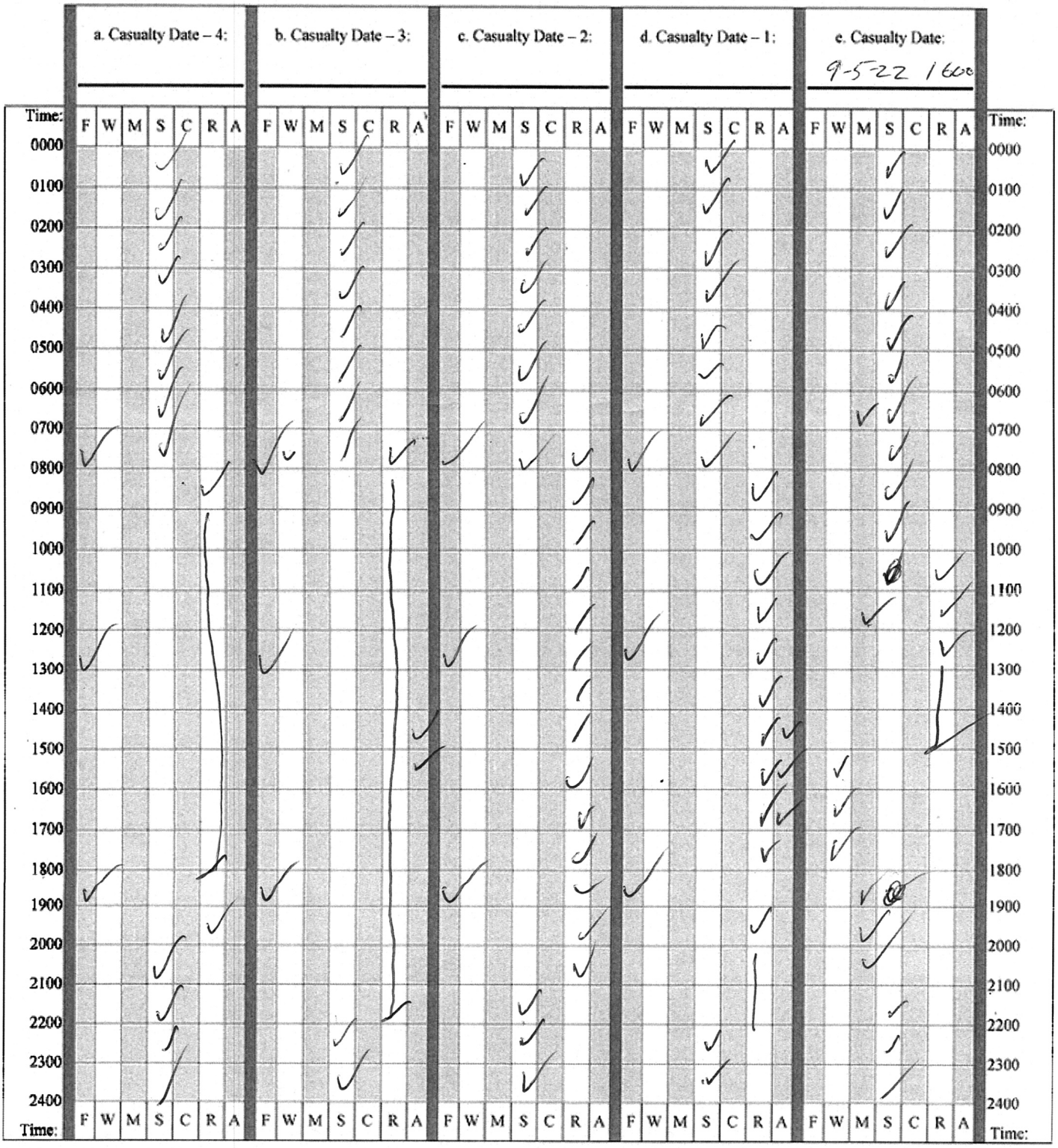
96-Hour Work/Rest History Worksheet

Name: JOHN THOMAS **Rank/Position:** Pilot

Instructions:

1. For the date of the accident and the previous four days, enter the date in boxes a through e.
2. Mark the time the casualty occurred with an "X" on the column below the Casualty Date :
2. From the time of the accident, back through the previous four days (96 hours), identify the type of activity done and when it was done by filling in the appropriate segment of the column representing that activity for the times during which it was done. See the legend below for the definitions of the activity types.

Legend – Activity Types:

F = Meal M = Maintenance work C = Cargo Watch/Operations A = Alcoholic drink
W = Watch/Duty S = Sleep R = Recreation, including time ashore