

96 Hour Work / Rest History Worksheet

Name: Mike Pollins

Date of Interview: 18 MAY 2021

Position: C/E

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: <u>18 MAY</u>	Casualty Date -1:	Casualty Date -2:	Casualty Date -3:	Casualty Date -4:	Time :
0:00	Sleep	Sleep				0:00
100	Sleep	Sleep				100
200	Sleep	↓				200
300	up					300
400	up					400
500	up	up				500
600	up fire	on watch				600
700	work clean	↓				700
800	work					800
900	↓					900
1000						1000
1100						1100
1200		Sleep				1200
1300		off				1300
1400		off				1400
1500		off				1500
1600		off				1600
1700		off				1700
1800		on watch				1800
1900		on watch				1900
2000						2000
2100						2100
2200						2200
2300						2300
2400		off				2400
Total Work Hours:						

meals at watch changes