

CONTROL OF FATIGUE POLICY

- *Note: This policy supplements the health & safety policy statement.*
- *Rail Guidance Only*

Any employee must not commence or continue work if he or she is fatigued to such an extent that their condition may prejudice his or her safety, or the safety of others.

Managers will not plan work arrangements for personnel who are fatigued or are likely to become fatigued during the work period. Managers and supervisors are authorised to prevent any employee from commencing work or continuing to work if they believe the person is fatigued.

To contribute to improved safety performance through the control of fatigue limitations on hours worked will be applied.

In respect of Rail works all work on the rail infrastructure will be in accordance with Group Network Rail and Network Rail (HS1) Limited standards.

In respect of Rail works working hours will be monitored in accordance with Network Rail Company Standard NR/L2/ERG/003.

Inspectahire Instrument Company Ltd employees must -

- ***Not work more than twelve hours in any one shift.***
- ***Not work more than 72 hours in a calendar week.***
- ***Have a minimum rest period of 12 hours between booking off and booking on for consecutive shifts.***
- ***Not work more than 13 shifts within any 14 consecutive days.***

Travelling will be limited to a maximum of one hour to and one hour from the work site where shifts are of 12 hour duration.

Exceedance of these hours in emergency situations shall only be permitted once the risk of fatigue has been assessed and an acceptable outcome achieved.

The implementation of this policy is the responsibility of the Managing Director, assisted by the other members of his management team & any appropriate consultancy services.

This policy will be reviewed as part of our routine review processes and when circumstances indicate a change is needed or when legislation is introduced that necessitates change.

Authorised by:


Cailean Forrester (Aug 23, 2025 09:39:44 GMT+1)

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Title: Managing Director

Date: 23/08/2025 (Review period is within 13 months)

Control of Fatigue Policy Statement 2025 - 2026

Final Audit Report

2025-08-23

Created:	2025-08-22
By:	Lillian Paterson (lillianpaterson@inspectahire.com)
Status:	Signed
Transaction ID:	CBJCHBCAABAAW4aXo4CtwZh6CuUbtLZxhaK1jffGGYIM

"Control of Fatigue Policy Statement 2025 - 2026" History

-  Document created by Lillian Paterson (lillianpaterson@inspectahire.com)
2025-08-22 - 2:47:40 PM GMT- IP address: 145.224.66.176
-  Document emailed to Cailean Forrester (caileanforrester@inspectahire.com) for signature
2025-08-22 - 2:47:44 PM GMT
-  Email viewed by Cailean Forrester (caileanforrester@inspectahire.com)
2025-08-23 - 8:39:28 AM GMT- IP address: 52.102.18.37
-  Document e-signed by Cailean Forrester (caileanforrester@inspectahire.com)
Signature Date: 2025-08-23 - 8:39:44 AM GMT - Time Source: server- IP address: 194.73.237.138
-  Agreement completed.
2025-08-23 - 8:39:44 AM GMT