

Executive Summary

Crews A-D

Tier: Team Preview (\$49 USD) | Primary grouping: Crew | Risk sort: Highest Risk First



Key Findings

- 59 working shift rows and 16 rest-day rows were included.
- Roster date range: 2026-05-18 to 2026-06-22.
- 8 rows fell below the selected minimum rest gap.
- 0 rows fell below the warning threshold but not the minimum rest gap.
- 0 rows require data review before final approval.
- Manager note: May 18th Initial Review

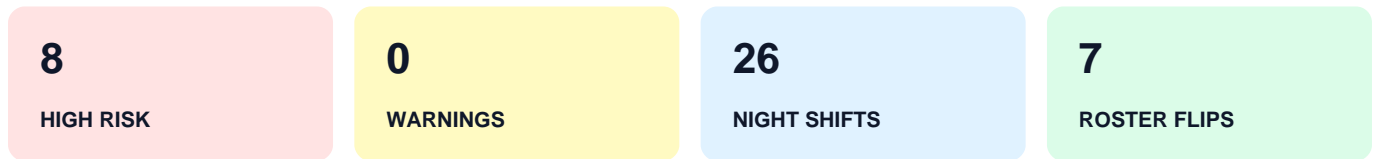
Roster Pattern Metrics

- Night shifts: 26
- First-night transitions: 10
- Night-to-day roster flips: 7
- Night shifts followed by an immediate rest day: 9
- Longest consecutive working-shift run: 10
- Longest consecutive night-shift run: 6

Revision Window

Suggested commercial policy: include one free revised upload within 3 days when the customer is correcting or refining the same roster period. Larger changes, a new roster period, or a materially larger row count should be treated as a new audit or charged at the new tier.

Visual Risk Summary



High Risk vs Warning

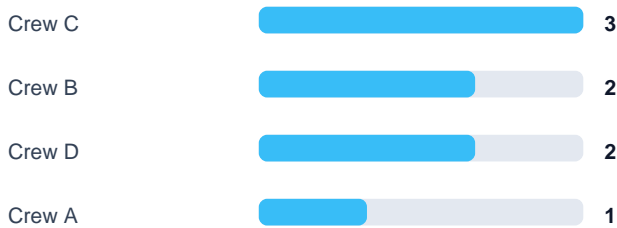


High Risk: 8

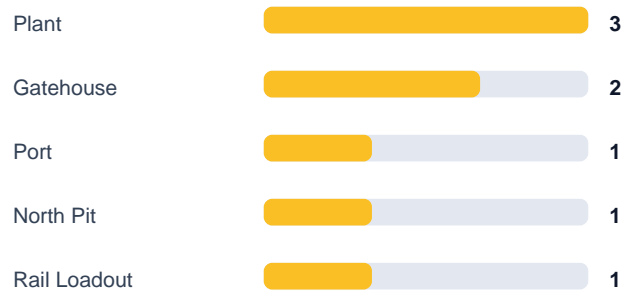
Warnings: 0

Detailed names, dates, and roster context appear in the risk register and warning report.

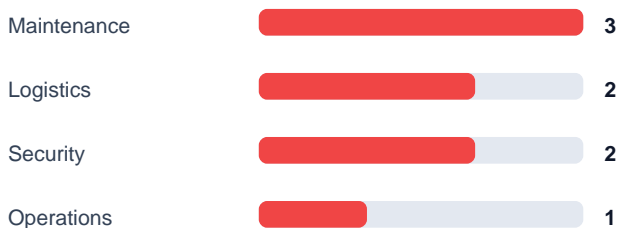
Risk Count by Crew



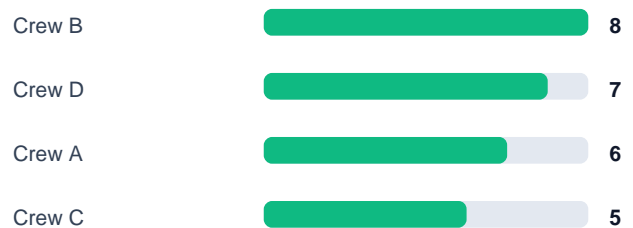
Risk Count by Site



Risk Count by Department



Night Shift Load by Crew



Use this page as a quick visual guide, then review the detailed risk register and warning report before approving or distributing the roster.

Risk Hotspots & Group Breakdown

Top Risk Hotspots

- 1. High Risk: Jordan Lee on 2026-06-02, 06:00-14:00, 8.0 hrs between shifts (Crew B / Port / Supervisor / Logistics)
- 2. High Risk: Mia Chen on 2026-06-02, 06:00-14:00, 8.0 hrs between shifts (Crew C / Plant / Maintenance Tech / Maintenance)
- 3. High Risk: Mia Chen on 2026-06-09, 08:00-16:00, 8.0 hrs between shifts (Crew C / Plant / Maintenance Tech / Maintenance)
- 4. High Risk: Sam Patel on 2026-06-10, 14:00-22:00, 8.0 hrs between shifts (Crew D / Gatehouse / Security Officer / Security)
- 5. High Risk: Sam Patel on 2026-06-11, 06:00-14:00, 8.0 hrs between shifts (Crew D / Gatehouse / Security Officer / Security)
- 6. High Risk: Priya Nair on 2026-06-18, 08:00-16:00, 8.0 hrs between shifts (Crew A / North Pit / Planner / Operations)
- 7. High Risk: Noah Williams on 2026-06-04, 06:00-14:00, 8.0 hrs between shifts (Crew B / Rail Loadout / Loader / Logistics)
- 8. High Risk: Olivia Brown on 2026-06-12, 07:00-15:00, 8.0 hrs between shifts (Crew C / Plant / Electrician / Maintenance)

Risk Count by Crew

- 1. Crew C: 3 findings
- 2. Crew B: 2 findings
- 3. Crew D: 2 findings
- 4. Crew A: 1 findings

Risk Count by Site

- 1. Plant: 3 findings
- 2. Gatehouse: 2 findings
- 3. Port: 1 findings
- 4. North Pit: 1 findings
- 5. Rail Loadout: 1 findings

Risk Count by Role

- 1. Maintenance Tech: 2 findings
- 2. Security Officer: 2 findings
- 3. Supervisor: 1 findings
- 4. Planner: 1 findings
- 5. Loader: 1 findings
- 6. Electrician: 1 findings

Risk Count by Department

- 1. Maintenance: 3 findings
- 2. Logistics: 2 findings

Continued

- 3. Security: 2 findings

- 4. Operations: 1 findings

Night Shift Load by Crew

- 1. Crew B: 8 night shifts
- 2. Crew D: 7 night shifts
- 3. Crew A: 6 night shifts
- 4. Crew C: 5 night shifts

Fatigue Risk Register

High Risk: Jordan Lee

2026-06-02 | 06:00 - 14:00 | 8.0 hours between shifts
ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor |
Department: Logistics

High Risk: Mia Chen

2026-06-02 | 06:00 - 14:00 | 8.0 hours between shifts
ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance

High Risk: Mia Chen

2026-06-09 | 08:00 - 16:00 | 8.0 hours between shifts
ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance

High Risk: Sam Patel

2026-06-10 | 14:00 - 22:00 | 8.0 hours between shifts
ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

High Risk: Sam Patel

2026-06-11 | 06:00 - 14:00 | 8.0 hours between shifts
ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

High Risk: Priya Nair

2026-06-18 | 08:00 - 16:00 | 8.0 hours between shifts
ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations

High Risk: Noah Williams

2026-06-04 | 06:00 - 14:00 | 8.0 hours between shifts
ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics

High Risk: Olivia Brown

2026-06-12 | 07:00 - 15:00 | 8.0 hours between shifts
ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance

Warning Report

- High Risk: Jordan Lee on 2026-06-02, 06:00-14:00, 8.0 hours between shifts. ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics. Review before roster approval.
- High Risk: Mia Chen on 2026-06-02, 06:00-14:00, 8.0 hours between shifts. ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance. Review before roster approval.
- High Risk: Mia Chen on 2026-06-09, 08:00-16:00, 8.0 hours between shifts. ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance. Review before roster approval.
- High Risk: Sam Patel on 2026-06-10, 14:00-22:00, 8.0 hours between shifts. ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security. Review before roster approval.
- High Risk: Sam Patel on 2026-06-11, 06:00-14:00, 8.0 hours between shifts. ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security. Review before roster approval.
- High Risk: Priya Nair on 2026-06-18, 08:00-16:00, 8.0 hours between shifts. ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations. Review before roster approval.
- High Risk: Noah Williams on 2026-06-04, 06:00-14:00, 8.0 hours between shifts. ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics. Review before roster approval.
- High Risk: Olivia Brown on 2026-06-12, 07:00-15:00, 8.0 hours between shifts. ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance. Review before roster approval.

Detailed Audit Report

Crew A

- 2026-05-18 | Alex Taylor | 06:00 - 18:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-19 | Alex Taylor | 06:00 - 18:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-20 | Alex Taylor | 06:00 - 18:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-21 | Alex Taylor | 06:00 - 18:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-22 | Alex Taylor | 18:00 - 06:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-23 | Alex Taylor | 18:00 - 06:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-24 | Alex Taylor | OFF | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-25 | Alex Taylor | 08:00 - 16:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-26 | Alex Taylor | 05:00 - 13:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-27 | Alex Taylor | OFF | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-28 | Alex Taylor | 18:00 - 06:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-29 | Alex Taylor | 18:00 - 06:00 | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-05-30 | Alex Taylor | OFF | ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations
- 2026-06-15 | Priya Nair | 07:00 - 15:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-16 | Priya Nair | 07:00 - 15:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-17 | Priya Nair | 16:00 - 00:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-18 | Priya Nair | 08:00 - 16:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-19 | Priya Nair | OFF | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-20 | Priya Nair | 18:00 - 06:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations
- 2026-06-21 | Priya Nair | 18:00 - 06:00 | ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations

Continued

- 2026-06-22 | Priya Nair | OFF | ID: E005 | Crew: Crew A | Site: North Operations

Crew B

- 2026-05-18 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-19 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-20 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-21 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-22 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-23 | Jordan Lee | 18:00 - 06:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-24 | Jordan Lee | OFF | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-25 | Jordan Lee | 08:00 - 16:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-26 | Jordan Lee | 05:00 - 13:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-27 | Jordan Lee | OFF | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-05-28 | Noah Williams | 05:00 - 17:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-05-29 | Noah Williams | 05:00 - 17:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-05-30 | Noah Williams | 17:00 - 05:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-05-31 | Noah Williams | 17:00 - 05:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-06-01 | Jordan Lee | 14:00 - 22:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-06-01 | Noah Williams | OFF | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-06-02 | Jordan Lee | 06:00 - 14:00 | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-06-02 | Noah Williams | 06:00 - 14:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-06-03 | Jordan Lee | OFF | ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics
- 2026-06-03 | Noah Williams | 14:00 - 22:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics
- 2026-06-04 | Noah Williams | 06:00 - 14:00 | ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics

Crew C

Crew C

- 2026-06-01 | Mia Chen | 14:00 - 22:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-02 | Mia Chen | 06:00 - 14:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-03 | Mia Chen | 06:00 - 18:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-04 | Mia Chen | 18:00 - 06:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-05 | Mia Chen | 18:00 - 06:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-05 | Olivia Brown | 06:00 - 18:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-06 | Mia Chen | OFF | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-06 | Olivia Brown | 06:00 - 18:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-07 | Mia Chen | 07:00 - 15:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-07 | Olivia Brown | 18:00 - 06:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-08 | Mia Chen | 16:00 - 00:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-08 | Olivia Brown | 18:00 - 06:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-09 | Mia Chen | 08:00 - 16:00 | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-09 | Olivia Brown | 18:00 - 06:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-10 | Mia Chen | OFF | ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance
- 2026-06-10 | Olivia Brown | OFF | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-11 | Olivia Brown | 15:00 - 23:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance
- 2026-06-12 | Olivia Brown | 07:00 - 15:00 | ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance

Crew D

- 2026-06-08 | Sam Patel | 22:00 - 06:00 | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

Continued

- 2026-06-09 | Sam Patel | 22:00 - 06:00 | ID: E004 | Crew: Crew D | Si

Department: Security

- 2026-06-10 | Sam Patel | 14:00 - 22:00 | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-11 | Sam Patel | 06:00 - 14:00 | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-12 | Sam Patel | OFF | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-12 | Liam Jones | 20:00 - 04:00 | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-13 | Sam Patel | 18:00 - 06:00 | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-13 | Liam Jones | 20:00 - 04:00 | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-14 | Sam Patel | 18:00 - 06:00 | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-14 | Liam Jones | 20:00 - 04:00 | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-15 | Sam Patel | OFF | ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

- 2026-06-15 | Liam Jones | OFF | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-16 | Liam Jones | 08:00 - 16:00 | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-17 | Liam Jones | 06:00 - 14:00 | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

- 2026-06-18 | Liam Jones | OFF | ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

Individual Sleep Planner: Alex Taylor

ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 18 May	06:00 - 18:00	Bed 9:00 pm, wake Tue 4:30 am.	Before 3:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Tue 19 May	06:00 - 18:00	Bed 9:00 pm, wake Wed 4:30 am.	Before 3:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Wed 20 May	06:00 - 18:00	Bed 9:00 pm, wake Thu 4:30 am.	Before 3:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Thu 21 May	06:00 - 18:00	Night sleep: bed 10:30 pm, wake Fri 6:00 am. Pre-shift nap follows tomorrow afternoon.	Before Fri 9:00 am.	Preparing for First Night: Preparing for first night: keep normal overnight sleep, then use the pre-shift power nap before nights.

Individual Sleep Planner: Alex Taylor

ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations

Date	Shift	Recommended Sleep	Caffeine	Warnings
Fri 22 May	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Sat 8:30 am, wake Sat 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Sat 23 May	18:00 - 06:00	Post-night recovery: bed Sun 8:30 am, wake Sun 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Sun 24 May	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Mon 25 May	08:00 - 16:00	Bed 8:00 pm, wake Tue 3:30 am.	Before 2:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Tue 26 May	05:00 - 13:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.

Individual Sleep Planner: Alex Taylor

ID: E001 | Crew: Crew A | Site: North Pit | Role: Operator | Department: Operations

Date	Shift	Recommended Sleep	Caffeine	Warnings
Wed 27 May	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Thu 28 May	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Fri 8:30 am, wake Fri 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Fri 29 May	18:00 - 06:00	Post-night recovery: bed Sat 8:30 am, wake Sat 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Sat 30 May	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Jordan Lee

ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 18 May	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Tue 8:30 am, wake Tue 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Tue 19 May	18:00 - 06:00	Bed Wed 9:00 am, wake Wed 4:30 pm.	Before Wed 3:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.
Wed 20 May	18:00 - 06:00	Bed Thu 9:00 am, wake Thu 4:30 pm.	Before Thu 3:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.
Thu 21 May	18:00 - 06:00	Bed Fri 9:00 am, wake Fri 4:30 pm.	Before Fri 3:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.

Individual Sleep Planner: Jordan Lee

ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics

Date	Shift	Recommended Sleep	Caffeine	Warnings
Fri 22 May	18:00 - 06:00	Bed Sat 9:00 am, wake Sat 4:30 pm.	Before Sat 3:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.
Sat 23 May	18:00 - 06:00	Post-night recovery: bed Sun 8:30 am, wake Sun 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Sun 24 May	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Mon 25 May	08:00 - 16:00	Bed 8:00 pm, wake Tue 3:30 am.	Before 2:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.

Individual Sleep Planner: Jordan Lee

ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics

Date	Shift	Recommended Sleep	Caffeine	Warnings
Tue 26 May	05:00 - 13:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.
Wed 27 May	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Mon 1 Jun	14:00 - 22:00	Short-turnaround recovery: bed 11:30 pm, wake Tue 4:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.
Tue 2 Jun	06:00 - 14:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.

Individual Sleep Planner: Jordan Lee

ID: E002 | Crew: Crew B | Site: Port | Role: Supervisor | Department: Logistics

Date	Shift	Recommended Sleep	Caffeine	Warnings
Wed 3 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Mia Chen

ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 1 Jun	14:00 - 22:00	Short-turnaround recovery: bed 11:30 pm, wake Tue 4:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.
Tue 2 Jun	06:00 - 14:00	Bed 9:00 pm, wake Wed 4:30 am.	Before 3:00 pm.	High Risk: 8.0 hours between shifts. Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Wed 3 Jun	06:00 - 18:00	Night sleep: bed 10:30 pm, wake Thu 6:00 am. Pre-shift nap follows tomorrow afternoon.	Before Thu 9:00 am.	Preparing for First Night: Preparing for first night: keep normal overnight sleep, then use the pre-shift power nap before nights.

Individual Sleep Planner: Mia Chen

ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance

Date	Shift	Recommended Sleep	Caffeine	Warnings
Thu 4 Jun	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Fri 8:30 am, wake Fri 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Fri 5 Jun	18:00 - 06:00	Post-night recovery: bed Sat 8:30 am, wake Sat 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Sat 6 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Sun 7 Jun	07:00 - 15:00	Normal overnight sleep. Protect the next afternoon/evening before the late shift.	Avoid late caffeine after mid-afternoon/evening.	Late Shift P reparation: Late shift follows tomorrow. Keep normal overnight sleep and avoid extra commitments before the shift.

Individual Sleep Planner: Mia Chen

ID: E003 | Crew: Crew C | Site: Plant | Role: Maintenance Tech | Department: Maintenance

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 8 Jun	16:00 - 00:00	Short-turnaround recovery: bed Tue 1:30 am, wake Tue 6:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.
Tue 9 Jun	08:00 - 16:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.
Wed 10 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Sam Patel

ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 8 Jun	22:00 - 06:00	Pre-shift nap: 7:00 pm - 8:30 pm. After shift: bed Tue 8:30 am, wake Tue 4:00 pm.	Before 4:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Tue 9 Jun	22:00 - 06:00	Compressed flip sleep: bed Wed 6:30 am, wake Wed 12:30 pm.	Before 11:00 pm.	Compressed Flip: Compressed roster flip: only 6.0 hours available after travel. Skip the anchor nap and protect the main sleep block.
Wed 10 Jun	14:00 - 22:00	Short-turnaround recovery: bed 11:30 pm, wake Thu 4:30 am.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.

Individual Sleep Planner: Sam Patel

ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

Date	Shift	Recommended Sleep	Caffeine	Warnings
Thu 11 Jun	06:00 - 14:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.
Fri 12 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Sat 13 Jun	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Sun 8:30 am, wake Sun 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Sun 14 Jun	18:00 - 06:00	Post-night recovery: bed Mon 8:30 am, wake Mon 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.

Individual Sleep Planner: Sam Patel

ID: E004 | Crew: Crew D | Site: Gatehouse | Role: Security Officer | Department: Security

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 15 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Priya Nair

ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 15 Jun	07:00 - 15:00	Bed 10:00 pm, wake Tue 5:30 am.	Before 4:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Tue 16 Jun	07:00 - 15:00	Normal overnight sleep. Protect the next afternoon/evening before the late shift.	Avoid late caffeine after mid-afternoon/evening.	Late Shift P reparation: Late shift follows tomorrow. Keep normal overnight sleep and avoid extra commitments before the shift.
Wed 17 Jun	16:00 - 00:00	Short-turnaround recovery: bed Thu 1:30 am, wake Thu 6:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.

Individual Sleep Planner: Priya Nair

ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations

Date	Shift	Recommended Sleep	Caffeine	Warnings
Thu 18 Jun	08:00 - 16:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.
Fri 19 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Sat 20 Jun	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Sun 8:30 am, wake Sun 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Sun 21 Jun	18:00 - 06:00	Post-night recovery: bed Mon 8:30 am, wake Mon 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.

Individual Sleep Planner: Priya Nair

ID: E005 | Crew: Crew A | Site: North Pit | Role: Planner | Department: Operations

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 22 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Noah Williams

ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Thu 28 May	05:00 - 17:00	Bed 8:00 pm, wake Fri 3:30 am.	Before 2:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Fri 29 May	05:00 - 17:00	Night sleep: bed 10:30 pm, wake Sat 6:00 am. Pre-shift nap follows tomorrow afternoon.	Before Sat 8:00 am.	Preparing for First Night: Preparing for first night: keep normal overnight sleep, then use the pre-shift power nap before nights.
Sat 30 May	17:00 - 05:00	Pre-shift nap: 2:00 pm - 3:30 pm. After shift: bed Sun 7:30 am, wake Sun 3:00 pm.	Before 11:00 am.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.

Individual Sleep Planner: Noah Williams

ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics

Date	Shift	Recommended Sleep	Caffeine	Warnings
Sun 31 May	17:00 - 05:00	Post-night recovery: bed Mon 7:30 am, wake Mon 3:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Mon 1 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Tue 2 Jun	06:00 - 14:00	Normal overnight sleep. Protect the next afternoon/evening before the late shift.	Avoid late caffeine after mid-afternoon/evening.	Late Shift P reparation: Late shift follows tomorrow. Keep normal overnight sleep and avoid extra commitments before the shift.
Wed 3 Jun	14:00 - 22:00	Short-turnaround recovery: bed 11:30 pm, wake Thu 4:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.

Individual Sleep Planner: Noah Williams

ID: E006 | Crew: Crew B | Site: Rail Loadout | Role: Loader | Department: Logistics

Date	Shift	Recommended Sleep	Caffeine	Warnings
Thu 4 Jun	06:00 - 14:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Final listed shift: protect recovery, but no forced early-evening sleep block is required.

Individual Sleep Planner: Olivia Brown

ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Fri 5 Jun	06:00 - 18:00	Bed 9:00 pm, wake Sat 4:30 am.	Before 3:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Sat 6 Jun	06:00 - 18:00	Night sleep: bed 10:30 pm, wake Sun 6:00 am. Pre-shift nap follows tomorrow afternoon.	Before Sun 9:00 am.	Preparing for First Night: Preparing for first night: keep normal overnight sleep, then use the pre-shift power nap before nights.
Sun 7 Jun	18:00 - 06:00	Pre-shift nap: 3:00 pm - 4:30 pm. After shift: bed Mon 8:30 am, wake Mon 4:00 pm.	Before 12:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.

Individual Sleep Planner: Olivia Brown

ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance

Date	Shift	Recommended Sleep	Caffeine	Warnings
Mon 8 Jun	18:00 - 06:00	Bed Tue 9:00 am, wake Tue 4:30 pm.	Before Tue 3:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.
Tue 9 Jun	18:00 - 06:00	Post-night recovery: bed Wed 8:30 am, wake Wed 4:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Wed 10 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.
Thu 11 Jun	15:00 - 23:00	Short-turnaround recovery: bed Fri 12:30 am, wake Fri 5:30 am.	Avoid late caffeine after mid-afternoon/evening.	Short Turnaround Recovery: Compressed recovery window before the next shift. Sleep as soon as practical after commute and avoid extra commitments.

Individual Sleep Planner: Olivia Brown

ID: E007 | Crew: Crew C | Site: Plant | Role: Electrician | Department: Maintenance

Date	Shift	Recommended Sleep	Caffeine	Warnings
Fri 12 Jun	07:00 - 15:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	High Risk: 8.0 hours between shifts. Recovery: Final listed shift: protect recovery, but no forced early-evening sleep block is required.

Individual Sleep Planner: Liam Jones

ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

7.5h (Optimal)

SLEEP GOAL

1.5h

PREP + COMMUTE

30m

COMMUTE HOME

10h

MIN REST

Manager note: May 18th Initial Review

Date	Shift	Recommended Sleep	Caffeine	Warnings
Fri 12 Jun	20:00 - 04:00	Pre-shift nap: 5:00 pm - 6:30 pm. After shift: bed Sat 6:30 am, wake Sat 2:00 pm.	Before 2:00 pm.	First Night Power Nap: First night transition: use this nap once to bridge day-to-night adjustment.
Sat 13 Jun	20:00 - 04:00	Bed Sun 11:00 am, wake Sun 6:30 pm.	Before Sun 5:00 am.	Night Shift Routine: Night shift routine: protect daytime sleep and commute-home recovery.
Sun 14 Jun	20:00 - 04:00	Post-night recovery: bed Mon 6:30 am, wake Mon 2:00 pm.	No shift-based cutoff.	Post-Night Recovery: Rest day follows this night shift. Prioritise recovery sleep; no roster-flip nap is required.
Mon 15 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Individual Sleep Planner: Liam Jones

ID: E008 | Crew: Crew D | Site: Gatehouse | Role: Control Room | Department: Security

Date	Shift	Recommended Sleep	Caffeine	Warnings
Tue 16 Jun	08:00 - 16:00	Bed 9:00 pm, wake Wed 4:30 am.	Before 3:00 pm.	Standard Routine: Day shift routine: protect overnight sleep before the next shift.
Wed 17 Jun	06:00 - 14:00	Normal overnight recovery sleep. Consider an earlier bedtime if fatigued.	Avoid late caffeine after mid-afternoon/evening.	Recovery: Rest day follows. Protect recovery, but no forced early-evening sleep block is required.
Thu 18 Jun	OFF	Normal rest pattern.	No shift-based cutoff.	Rest Day: Use this rest day for recovery and keep a consistent sleep window where possible.

Audit Settings Appendix

Selected Settings

- Industry preset: FIFO / Mining
- Minimum rest gap: 10 Hours
- Warning threshold: Under 12 Hours
- Sleep goal: 7.5 Hours (Optimal)
- Prep and commute: 1.5 Hours
- Commute home: 30 Minutes
- Primary grouping: Crew
- Risk register sort: Highest Risk First

Disclaimer

RosterRest Audit is a fatigue planning and roster review tool for informational purposes only. It is not a legal certification of roster compliance. RosterRest does not automatically adjust for travel across time zones, daylight saving clock changes, flight schedules, local fatigue laws, workplace agreements, or individual medical circumstances. Employers remain responsible for validating all outputs against applicable legislation, awards, enterprise agreements, fatigue policies, operational requirements, and real-world conditions.