

Time sheet

Data sheet for working hours and rest periods

Name:	Commissioning:
Competency:	Date of embarkation:
Address:	Place of embarkation:
Fon/Fax:	Duration of voyage:
Vessel operator:	Basic and advanced training:
Fon/Fax:	

Summary of the activities carried out 96 hours prior to accident

h	day	00-01	01-02	02-03	03-04	04-05	05-06	06-07	07-08	08-09	09-10	10-11	11-12	12-13	13-14	14-15	15-16	16-17	17-18	18-19	19-20	20-21	21-22	22-23	23-24
X - 4																									
X - 3																									
X - 2																									
X - 1																									
Day X																									

(X: Time of accident, F: Mealtime, W: Watchkeeping, M: Maintenance work, S: Rest period, C: Cargo watch, R: Relaxation time including time ashore, A: Drinking of alcoholic beverages)

State of health:

Personal information: