

# Diamond User Code 11: Fatigue



**Risk:** Working/driving when fatigued increases the risk of accidents due to mistakes. Diamond Users must not work excessive hours and must take adequate rest breaks. Below are working time expectations. If there is evidence of excessive fatigue during experiments, Diamond may intervene to stop beamtime until adequate rest has been taken.

**Plan a schedule.** Consider:  
 Experiment duration  
 Safety risk  
 Individual needs  
 Mealtimes, handovers & training.



Plan a minimum of **6 hours rest per 24hrs**

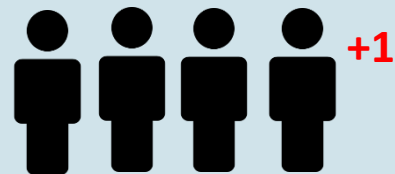


**Do not drive** when fatigued – plan other means of transport.

*Accommodation is available at end of final shift.*



If **additional persons** required due to experimental risk, discuss with your Diamond contact.



Plan for a max of **5 night shifts** in a row.



If you have any questions please contact [Diamondshe@diamond.ac.uk](mailto:Diamondshe@diamond.ac.uk).