

## Caban-Martinez Lab

### The University of Miami, Miller School of Medicine

#### Fatigue Assessment Scale for Construction Workers (FASCW)

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**INSTRUCTIONS:** Listed below are some symptoms of fatigue that workers sometimes feel. To what extent do you feel each symptom at the present time? Please circle the number from 1 (not at all), to 5 (completely). Please select only one answer for each symptom listed below.

Symptom Items:	Not at all	A little	Somewhat	Much	Completely
1) My thoughts easily wander	1	2	3	4	5
2) Eyes feel strained	1	2	3	4	5
3) Lacking in energy	1	2	3	4	5
4) Shoulders feel stiff/pain	1	2	3	4	5
5) I have less strength in muscles	1	2	3	4	5
6) Arms/legs feel numb	1	2	3	4	5
7) Legs feel tired/heavy	1	2	3	4	5
8) I feel cramps in muscles	1	2	3	4	5
9) My body movement slows down	1	2	3	4	5
10) My joints (e.g. knee, elbow) feel achy	1	2	3	4	5

Note: This fatigue survey was developed by researchers and colleagues of the Caban-Martinez Lab at the University of Miami, Miller School of Medicine. Please contact Dr. Caban-Martinez directly with any questions regarding the use, scoring or interpretation of this survey. Email: [acaban@med.miami.edu](mailto:acaban@med.miami.edu)

## SCORING

The score for each item is the number circled. If two consecutive numbers are circled, code the higher number (higher level of fatigue). If the numbers are not consecutive, do not score the item. The FASCW comprises two factors named Lethargy and Bodily Ailment. The score for Lethargy is the sum of Item 1, 3, 5, 7 and 9; while the score for Bodily Ailment is the sum of Item 2, 4, 6, 8 and 10. The score for the scale is the sum of the ten items. If more than two items are missing, do not score the scale.

**Characteristics** Tested on 144 US construction workers.

	No of items	Observed Range	Cronbach's Alpha Coefficients	Test-retest Pearson Correlations Coefficients	Test-retest Intraclass Correlation Coefficients
FASCW Total	10	1-5	0.91	0.66	0.79
Lethargy	5	1-5	0.86	0.68	0.80
Bodily Ailment	5	1-5	0.84	0.59	0.74

### REFERENCE:

Zhang M, Sparer EH, Murphy LA, Dennerlein JT, Fang D, Katz JN, Caban-Martinez AJ. Development and validation of a fatigue assessment scale for U.S. construction workers. *Am J Ind Med.* 2015 Feb;58(2):220-8. [PMID: 25603944](#)