

ASWAT Questions

To what extent do you feel the event or scenarios impacted upon you and the effort you are required to put into your work, to maintain efficient and safe running of the railway system.

Please tick the phrase a), b), c) that best describes how you feel about the **time** you had.

a) Often have spare time. <i>Interruptions or overlap among activities occur infrequently</i>	
b) Occasionally have spare time. <i>Interruptions or overlap among activities occur frequently.</i>	
c) Almost never have spare time. <i>Interruptions or overlap among activities are very frequent, or occur all the time.</i>	

Please tick the phrase a), b), c) that best describes how you feel about the **mental effort** that was required.

a) Very little conscious mental effort or concentration required. <i>Activity is almost automatic, requiring little or no attention.</i>	
b) Moderate conscious mental effort or concentration required. <i>Complexity of activity is moderately high due to uncertainty, unpredictability, or unfamiliarity. Attention required.</i>	
c) Extensive mental effort and concentration are necessary. <i>Very complex activity requiring total attention.</i>	

Please tick the phrase a), b), c) that best describes how you feel about the **pressure** that was created.

a) Little problems, frustration, or anxiety exists and can be easily accommodated.	
b) Moderate pressure due to problems, frustration, or anxiety. <i>Noticeably adds to workload to maintain adequate performance.</i>	
c) High or very intense pressure due to problems, frustration, or anxiety. <i>Very high level of performance required.</i>	