

## Appendix A

Need for Recovery scale (NFR): 11 items, dichotomous (yes/no). Translated from Dutch into English,<sup>1</sup> with permission from the author (item 4 has to be recoded; scale score is the sum score of “yes” items). Workers with an NFR-score of 6 or more enter the “red zone”

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1.	I find it hard to relax at the end of a working day	yes/no
2.	At the end of a working day I am really feeling worn-out	yes/no
3.	My job causes me to feel rather exhausted at the end of a working day	yes/no
4.	Generally speaking, I'm still feeling fresh after supper	yes/no
5.	Generally speaking, I am able to relax only on a second day off	yes/no
6.	I have trouble concentrating in the hours off after my working day	yes/no
7.	I find it hard to show interest in other people when I just came home from work	yes/no
8.	In general, it takes me over an hour to feel fully recovered after work	yes/no
9.	When I get home, people should leave me alone for some time	yes/no
10.	After a working day I am often too tired to start other activities	yes/no
11.	During the last part of the working day I cannot optimally perform my job because of fatigue sometimes	yes/no

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## Reference

1. Sluiter JK, Beek AJ van der, Frings-Dresen MHW. The influence of work characteristics on the need for recovery and experienced health: a study on coach drivers. *Ergonomics* 1999;**42**:573–83.