

<b>Level</b>	<b>Workload Heading</b>	<b>Spare Capacity</b>	<b>Description</b>
<b>5</b>	Excessive	None	Behind on tasks; losing track of the full picture
<b>4</b>	High	Very Little	Non essential tasks suffering. Could not work at this level very long.
<b>3</b>	Comfortable Busy Pace	Some	All tasks well in hand. Busy but stimulating pace. Could keep going continuously at this level.
<b>2</b>	Relaxed	Ample	More than enough time for all tasks. Active on ATC task less than 50% of the time.
<b>1</b>	Under– Utilised	Very Much	Nothing to do. Rather boring.

*Kirwan, B., Evans, A., Donohoe, L., Kilner, A., Lamoureux, T., Atkinson, T., & MacKendrick, H. (1997). Human factors in the ATM system design life cycle. In FAA/Eurocontrol ATM R&D Seminar, Paris, France (pp. 16-20).*