

# Fatigue Awareness Training

## Face-to-face & online

Fatigue Awareness Training is a general introduction to fatigue; its symptoms, prevalence and consequences; and the factors that contribute to fatigue including:

- Legislative requirements for managing fatigue
- Managing risk factors during shift work
- Encouraging employees to respond proactively to early signs of fatigue
- Creating a culture of transparency, responsibility, support, shared action and continuous improvement
- Personal risk factors and management strategies (i.e. sleep, mental health, nutrition, physical activity, smoking, drugs and alcohol, situational factors)

**Who should attend:** General workforce

**Duration:** 2 – 2.5 hrs (Including breaks)

**Participant numbers:** Recommended 0 – 25 max

**Delivery method:** Face-to-face or virtual training



## Learning objectives & content.

Participants will finish the course with competency in the following areas:

1. Identify and act on signs of fatigue
  - Potential causes of fatigue are identified, and action is taken to minimise their effects in accordance with company procedures
  - Personal warning signs of fatigue are recognised, and necessary steps are taken in accordance with workplace procedures, to ensure that effective work capability and alertness are maintained
  
2. Implement strategies to minimise fatigue
  - Workplace procedures are assessed to minimise fatigue
  - Factors that increase the risk of fatigue-related accidents and incidents are minimised
  - Fatigue management strategies are implemented in accordance with workplace policy
  - Lifestyle choices are made that promote the effective long-term management of fatigue
  - Effective practices in combating fatigue are adopted and applied
  - Personal fatigue management strategies are communicated to relevant people
  - Appropriate counter measures are planned to combat fatigue

Fatigue Awareness Training has been mapped against TLIF 2010 to ensure a high level of training can be delivered and assessed.