



Fatigue Train-the-Trainer

Face-to-face & online

Fatigue Train-the-Trainer workshops provide the knowledge, skills and resources required to train the workforce on the implementation of fatigue management strategies in a defined workplace in accordance with legislative requirements.

Train-the-Trainer provides:

- Scalable training methodology
- Evidence based resources for trainers
- Reduced production impact
- Optimise internal training resources

Who should attend: Manager, supervisor, WHS personnel, schedulers or dispatch.

Duration: 2 – 2.5 hrs (Including breaks)

Participant numbers: Recommended 0 – 8 max

Delivery method: Face-to-face or virtual training

Learning objectives & content.

Trainers will finish the course competent in the following areas:

- Identify and act on signs of fatigue
- Implement strategies to minimise fatigue
- Monitor the implementation of fatigue management strategies
- Recognise breaches of fatigue management policies, procedures and regulations
- Develop and assess staff competence in fatigue management
- Provide feedback to staff on shortcomings in fatigue management skills and knowledge
- Report on the implementation of fatigue management policy
- Prepare, deliver and review a presentation

Benefits of Train-the-Trainer.

- Cheaper: It is estimated that the Fatigue First Aid TTT model is half the price of having an external provider deliver the same program.
- Evidence-based: The course material has been designed so that it can be contextualised to the needs of your site and delivered directly to your workforce, saving significant research and development time.
- Optimises internal training resources: Competency level Fatigue Risk Management training will be added to the portfolio of training capabilities of your Trainers and Assessors.
- Reduces production impact: The availability of competent internal fatigue trainers provides the opportunity to be more flexible and schedule training to minimise production impact (e.g. during downtime in wet weather).