



Journey Management Training

Face-to-face & online

Fatigue is a factor in 20–30% of all road deaths, which is comparable to deaths related to speeding and alcohol. Any workforce that works extended hours or night shifts and travels greater than 20 minutes one-way to or from work are at increased risk of a fatigue incident.

Journey Management Plans (JMP) are a documented process a worker can follow for planning and undertaking road journeys with a goal of arriving safely. Each participant will leave this workshop with a greater understanding of travel-related hazards that increase the risk of fatigue and controls to mitigate the risk of an accident relating to fatigue, as well as a completed JMP specific to their own circumstances.

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 competent in the following areas:

- Understand fatigue symptoms, impairment levels and expectation of when individuals should act and stop
- Understand the risks and consequences of driving whilst impaired by fatigue
- Apply good journey management principles
- Understand and identify journey hazards and how they increase the risk of a fatigue-related accident
- Establish reasonable controls to manage the risk associated with the identified hazards
- Develop an individual Journey Management Plans detailing how they will apply controls to their own personal circumstances