



# Fatigue Management

SHORT COURSE - BASIC OR SCHEDULER



## A smarter future

Our goal is to help organisations and individuals improve their performance and be the best that they can be. We do this by delivering world class training solutions at your workplace that build and develop skills and confidence.

### Course Overview

Driver fatigue is a foreseeable risk for all drivers. Fatigue management training offers a convenient and cost-effective way to meet your fatigue management requirements, whether you are an owner, driver or transport business. Fatigue can be defined as a state of impairment that can include physical and/or mental features that can be associated with lower alertness and/or reduced performance. For drivers of commercial vehicles it is an occupational hazard which, under Occupational Health and Safety laws, must be managed by a safe system of work.

### Who should attend?

Participants would include Drivers or Schedulers for companies who are looking to undertake the Basic Fatigue Management standard, or to improve their OH&S/WHS compliance.

### Course Objectives

Improved understanding of:

- > fatigue management standards
- > how to better prepare for driving that could lead to hazardous situations

- > driver health
- > sleep management
- > chain of responsibility
- > completing work diaries and reports
- > basic rostering and reporting procedures (Scheduler Course)

### Duration

Four hours (additional pre-course booklet for Scheduler Course).

### Benefits

- > Understand better ways to manage fatigue and identify the early warning signs of fatigue
- > Strategies to minimise the risk of fatigue-related incidents or accidents
- > Sleep management practices
- > Compliant scheduling practices
- > Awareness of the chain of responsibility

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