

FATIGUE MANAGEMENT TRAINING FOR MANAGERS

ASQA* ACCREDITED TRAINING (TLIF3063A)

ARE YOU STRUGGLING TO MANAGE THE RISK OF FATIGUE IN YOUR ORGANISATION?

TMS Consulting delivers an accredited learning program that builds the competency of managers in the identification and management of fatigue risk.

Adhering to the national units of competency for fatigue management (TLIF3063A), our team of consultants will deliver an engaging program for your managers, incorporating strategies on how to build the right culture to effectively manage fatigue in your organisation.

WHY ATTEND?

- + Understand your legislative requirements
- + Understand the causes of fatigue
- + Learn how to identify fatigue risk
- + Proactively manage fatigue in your organisation
- + Instil and sustain a positive safety culture around fatigue

INDUSTRY ACCREDITED TRAINERS

These experiential and interactive sessions are delivered by our experienced safety and fatigue consultants, who have worked across a wide range of industry sectors.



Accredited Fatigue Management Training for Managers



Training aligned to your organisational requirements, processes and tools

Our fatigue risk management training experience covers a wide variety of extended and 24-hour operational settings in many industry sectors including construction, oil and gas, energy, water, health and transport.

>> For more information on this exciting new product and how TMS can help you minimise your risk in this field, please contact us on 07 3003 1473 for an initial discussion, or email enquiries to training@tmsconsulting.com.au.

Fatigue Management *For Managers*



OVERVIEW

This course is designed to ensure managers have the skills and knowledge required to administer the implementation of fatigue management strategies (in line with TLIF3063) including monitoring the implementation of fatigue management strategies, and recognising breaches of fatigue management policies, procedures and regulations. It also includes developing and assessing staff competence in fatigue management, providing feedback to staff on any shortcomings in their fatigue management skills and knowledge, and reporting to management on the implementation of fatigue management policy. Licensing, legislative, regulatory or certification requirements are applicable to this unit.

COURSE OUTLINE

Understanding Sleep and Fatigue

- + Definition
 - Acute versus chronic
- + Why do we sleep?
 - Circadian rhythms
 - Sleep debt
- + Neuroscience of fatigue
- + Causes
 - Personal factors
 - Work-related factors
- + Signs and symptoms
 - Behavioural checklists
- + Consequences
 - Individual
 - Organisational
 - Community

Understanding Obligations

- + Personal and company obligations
- + Related company policies, systems, processes
- + Benefits of managing fatigue

Safety Culture

- + Developing a positive culture around fatigue management
 - Addressing unhelpful attitudes towards fatigue

- Fatigue Risk Management Systems (FRMS)
 - Overview and purpose
 - Benefits of a FRMS
- + FRMS Elements
 - Defences in depth model
- + Tools and processes
 - Fatigue assessment and reporting
 - Incident investigation
 - Audit and review

Personal Fatigue Management Strategies

- + Sleep hygiene
- + Lifestyle, health and dietary choices
- + Hydration
- + Stress management

Competency assessment

- + Topic discussions
- + Fundamental knowledge questions
- + Scenario-based questions and problems

This national unit of competency is being delivered under an auspicing agreement with WorkSafe Connect, RTO No. 31385.



"FATIGUE IS FOUR TIMES MORE LIKELY TO CONTRIBUTE TO WORKPLACE IMPAIRMENT (INCLUDING DRIVING TASKS) THAN DRUGS OR ALCOHOL"
QUEENSLAND POLICE SERVICE, 2012