



TRANSPORT FATIGUE MANAGEMENT



Flexible Training Solutions
RTO 6333

TLIF2010 – Apply fatigue management strategies

>>> LEARNING OUTCOMES:

Recognise factors and lifestyle choices that influence fatigue.

Identify signs of fatigue and your own early warning indicators.

Take measures to maintain effective work capability and alertness.

Collaborate with others to implement and apply fatigue management strategies effectively.

By enrolling in this unit, you'll gain **essential knowledge** and skills to **enhance safety** in the workplace. This unit focuses on **identifying** and **responding** to signs of fatigue and implementing **effective strategies** to

minimise it during work activities. This is especially important when operating equipment such as trains, vehicles, load-shifting equipment, marine vessels, and aircraft. Completing all assessments will not only equip you with **vital skills** but also ensure you achieve a **safer driving environment** and contribute to overall **workplace safety and efficiency**.



What is the course outcome?

Upon successful completion, we will issue a Statement of Attainment, for **TLIF2010** (Apply fatigue management strategies).

Who is this course for?

Anyone in the broader transport and logistics industry.



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DELIVERY:

- Online delivery, self-paced \$245 per person

KEY TOPICS:

- **Introduction to Fatigue Management:** Explores the importance of managing fatigue to enhance safety and efficiency in the workplace.
- **Causes of Fatigue:** Identifies factors contributing to fatigue, including long hours, poor sleep, and lifestyle issues.
- **Recognising Fatigue Symptoms and Signs:** Covers how to detect physical, behavioral, and performance-related signs of fatigue in individuals.
- **Fatigue Management Strategies:** Provides practical methods for reducing fatigue through better sleep, scheduling, and regular breaks.
- **Work and Rest Hour Regulations:** Reviews legal requirements for work and rest periods designed to manage fatigue and ensure safety.
- **Employer and Employee Responsibilities:** Outlines the duties of employers and employees in implementing and following fatigue management practices.
- **Resources and Support:** Details available support systems and resources for effective fatigue management, including organisational and external help.

