

BASIC FATIGUE MANAGEMENT (BFM)

TLIF0005 Apply a fatigue risk management system



COURSE CONTENT

This course provides drivers with the knowledge and skills required to apply a fatigue risk management system, essential for operating under the National Heavy Vehicle Accreditation Scheme (NHVAS). Participants will learn how to identify and manage risks associated with fatigue, comply with work and rest limits, and maintain accurate fatigue-related records such as logbooks or work diaries. The course covers trip planning, recognising personal signs of fatigue, and implementing effective strategies to minimise fatigue during driving operations. Completing this unit is a mandatory requirement for drivers operating under Basic Fatigue Management (BFM) or Advanced Fatigue Management (AFM). Upon successful completion, drivers will have the confidence and competence to work within a safe and compliant fatigue risk management framework.



MINIMISE DOWNTIME

Our innovative program design minimises time your staff require off the job while also allowing combinations of staff to maximise sharing of knowledge and experience.



HIGHLY FUNCTIONAL

Our BFM courses focus on building real world knowledge and skills that are relevant and ready to be applied. All learning material is industry reviewed and up to date.



WELL PACKAGED

Both Units of Competency we offer in our BFM programs can be included in Nationally Recognised qualifications offered by Flexible Training Solutions. They can also be used for credit transfer.



COURSE INFORMATION

The following section provides details on the price, duration, and delivery method for this unit:



COST



DELIVERY



DURATION



LOCATION

\$325 Per person

Up to **8 hours**, depending on the group's knowledge and experience.

1 x Day training + assignment
OR

2 x Half days of training + assignment

Onsite Classroom

- Onsite delivery available Monday to Friday in Metropolitan areas.
- Classroom sessions with a *minimum of 5 participants* required.
- Classroom sessions are *capped at 10*.



OUR EXPERTISE

At Flexible Training Solutions, we specialise in providing tailored training for drivers operating within the heavy vehicle industry. Our trainers bring years of practical experience and deep knowledge of fatigue risk management systems, ensuring that participants not only understand the course material but can confidently apply it in real-world scenarios.

BENEFITS

Completing the TLIF0005 course equips **drivers** with essential skills to manage fatigue effectively, ensuring both personal and public safety on the road. You will learn how to identify fatigue signs, apply strategies to minimise its risks, and comply with the NHVAS under Basic and Advanced Fatigue Management schemes. This course improves operational efficiency while helping meet regulatory requirements, reducing the likelihood of incidents and penalties. Upon successful completion, you will receive a Statement of Attainment for TLIF0005, enhancing your qualifications and compliance in the transport industry.