

TLIF2010A – APPLY FATIGUE MANAGEMENT STRATEGIES

This training program provides the skills and knowledge required to apply fatigue management strategies within the transport and logistic industries. It includes identifying and acting upon signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities in particular when operating equipment, trains, vehicles, load shifting equipment, marine vessels and aircraft.

This nationally accredited training program will ensure your employees/contractors who are involved in the operation of vehicles have a sufficient understanding about the importance of fatigue management.

You will learn about:

- causes and effects of fatigue on workers
- factors that increase fatigue-related accidents
- how fatigue affects workplace performance
- how fatigue contributes to workplace accidents
- lifestyles that promote effective long-term fatigue management
- relevant fatigue management codes, regulations, permit and licence requirements
- relevant work health and safety (WHS)/occupational health and safety (OHS) regulations as they relate to fatigue
- risks and hazards created by workplace fatigue
- sources of information on fatigue
- strategies and ways of managing fatigue
- ways of recognising fatigue



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- workplace policies and procedures related to fatigue management and the control of factors that can contribute to fatigue and fatigue-related accidents.

Entry Requirements – There are no pre requisites for this unit.

Language, literacy and numeracy requirements - Sufficient language skills to be able to communicate with others in a clear and concise manner. Enough literacy skills to be able to read and comply with work instructions and specifications

Duration – 1 day.

Delivery Location - This training can be conducted at either your premises or at our training centre. Where training is held onsite, training rooms that can comfortably accommodate the class size are required.

Personal Protective Equipment

- Long work pants and shirt
- Covered shoes
- Other requirements as specified by your workplace or legislation

Assessment - The assessment will consist of written and practical activities and written and practical assessment.

Certification - Upon successful completion each participant will receive a nationally recognised statement of attainment for TLIF2010 Apply fatigue management strategies.

Cost - Please contact our office on (07) 4779 3667 for information on fees, scheduling and a copy of our Candidate Handbook.



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