



Module 1:

Course introduction



Start Module





Fatigue Management



Welcome

By the end of this course you will be able to:

1

Explain the importance of fatigue management

2

Identify legislation that supports the management of fatigue



5

Select appropriate lifestyle choices to manage fatigue

3

Describe the causes, effects and warning signs of fatigue

4

Follow workplace procedures and practices to manage fatigue



This course will take approximately **2.5 to 3 hours** to complete.

Replay

Page

Next



Who should complete this course?

Skills and knowledge in the effective management of fatigue are essential for anyone working in an environment where **critical operational judgements** are made.

Work activities at risk involve:

- ✓ Operating safety critical plant or equipment such as load shifting equipment
- ✓ Driving vehicles and trains
- ✓ Operating marine vessels and aircraft
- ✓ Scheduling operators and drivers
- ✓ Supervising operators, drivers and schedulers.

If you are a driver or operator you must:

- know you own signs of fatigue



Once you understand how you are affected, it is much easier to take action.

If you are a scheduler or supervisor you must:

- implement strategies to minimise fatigue for drivers and operators





Who is responsible for fatigue management?

The new **Chain of Responsibility laws** require all parties in the supply chain to take reasonable steps to manage driver fatigue.

The parties include:

- Drivers
- Employers of a driver
- Prime contractors of a driver
- Operators of a vehicle
- Schedulers of drivers (and goods or passengers)
- Consignors and consignees
- Loading managers
- Loaders and unloaders



Remember, if your **actions, inactions** or **demands**, cause or contribute to road safety breaches then **you** can be held legally accountable.





Common roles responsible for fatigue management

Let's look more closely at some of the common roles responsible for the management of fatigue in the workplace.
Click each person to find out how fatigue management impacts their role.

Driver



Operator



Scheduler



Supervisor





Common roles responsible for fatigue management

Let's look more closely at some of the common roles responsible for the management of fatigue in the workplace.
Click each person to find out how fatigue management impacts their role.

Driver ✓



Operator ✓



Scheduler ✓



Supervisor ✓



"As a driver, it's my responsibility to make sure that I know how to manage my work and personal life, and can recognise the signs of fatigue in myself and my colleagues. I know how dangerous fatigue can be in this type of work, and I don't take any risks with regard to safety. I've made a few changes that have made a big difference to my health and have made my work easier.

I record my work and rest hours in my work diary, and it's not hard to complete. Keeping it up to date makes it easier for me to make sure it's always filled in accurately, so if anyone ever needs to refer to it, I know the hours are correct.

All drivers need to be aware of the legislation that has been introduced to improve safety, and comply with the relevant regulations, work health and safety obligations and workplace policies and procedures. It's also important to talk with supervisors and other drivers about fatigue management, so everyone is involved in the process."

Replay

« Prev Page

Next »



Common roles responsible for fatigue management

Let's look more closely at some of the common roles responsible for the management of fatigue in the workplace.
Click each person to find out how fatigue management impacts their role.

Driver ✓



Operator ✓



Scheduler ✓



Supervisor ✓



"In my role as an operator of safety critical equipment, I have a responsibility to myself and those around me to work in a safe manner. There is very little room for error in my work, so I follow all procedures and guidelines every time, and I rely on my colleagues to do the same. Being familiar with how to manage fatigue helps me to manage my workload without compromising on safety."





Common roles responsible for fatigue management

Let's look more closely at some of the common roles responsible for the management of fatigue in the workplace.
Click each person to find out how fatigue management impacts their role.

Driver ✓



Operator ✓



Scheduler ✓



Supervisor ✓



"Scheduling appropriate shifts and rest breaks for drivers is a requirement of my job, and I work closely with drivers, operators and supervisors to manage schedules that comply with the laws and regulations in place, and meet the business needs of our organisation. There are ways to build in flexibility to give drivers the option of managing their fatigue within the schedule, and there are tools I use for estimating and calculating time within the guidelines."



Common roles responsible for fatigue management

Let's look more closely at some of the common roles responsible for the management of fatigue in the workplace.
Click each person to find out how fatigue management impacts their role.

Driver ✓



Operator ✓



Scheduler ✓



Supervisor ✓



"To protect the safety of my team and others on the road, it's my responsibility to understand how to recognise signs of fatigue, which can be different from one person to another. I've got to have an awareness of the relevant legislation, and provide training and information to all relevant staff under my supervision. This includes the scheduling arrangements, and making sure drivers are adhering to the procedures while out on the job. I take the time to keep up to date with fatigue management regulations, and have implemented systems, policies and procedures to minimise the risk of fatigue related incidents."



Accreditation

On successful completion of this course, you will be accredited in the competency 'TLIF2010A Apply Fatigue Management Strategies'.

You will need this accreditation if:



You are a driver of a heavy vehicle



Intend to apply for approval to work more flexible hours



Basic Fatigue Management (BFM)
Advanced Fatigue Management (AFM)



A heavy vehicle is defined as:

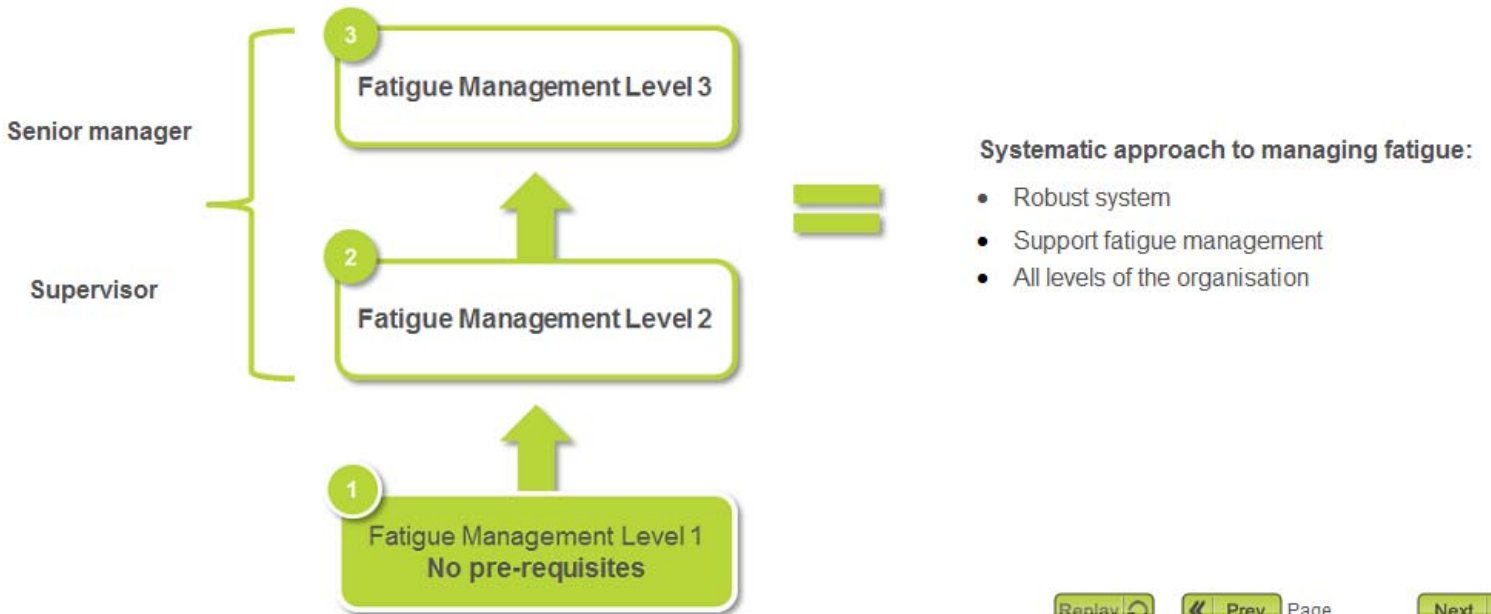
- a vehicle with a GVM of over 12 tonnes
- a truck and trailer combination of greater than 12 tonnes GVM
- a 12 or more seater bus/coach (including the driver's seat)





Course pre-requisites

There are **no pre-requisites** for this course Fatigue Management – Level 1.





Summary

Congratulations! You have now completed Module 1: Course introduction.

You can now return to the home page and move on to the next module which will provide an overview of fatigue and look at the legislation that supports the management of fatigue in the workplace.

