

Want to feel less tired? Fatigue Management eLearning

The purpose of this program is to help individuals and workplaces understand and respond to risks caused by employee fatigue. The aim is to increase health, safety, wellbeing and productivity outcomes.

Mental fatigue (caused primarily by insufficient sleep) is a significant safety concern for businesses. Extended wakefulness and regular sleep deprivation has a comparable impact on impairment as being legally drunk. It should come as no surprise then that in a recent Australian study, 29% of adults admitted to making errors at work because of fatigue and 5% had an accident in the past year due to falling asleep at the wheel. Improving fatigue management doesn't have to be difficult. Workplaces can start by using the FRM eLearning to inform employees about how to prepare properly for work through optimising sleep.

Leader FRM training is also available (as a separate program) to assist those responsible for direct supervision of employees in safety critical roles to identify and mitigate fatigue risk. The training is written by psychologists with significant workplace health and safety expertise.

Features;

- High quality engaging animated content
- Plenty of supporting information
- Multiple choice questions to ensure transfer of learning
- Self-paced
- Issues certificate on completion
- Can be completed on most devices with internet connectivity

This program is being delivered in collaboration with People Diagnostix

If you want more information, please call 1300 369 072 or email mail@working-life.net

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Fatigue Risk Management eLearning Modules
What is fatigue?
What causes fatigue?
The sleep drive
Sleep debt
Circadian rhythms (includes discussion on blue light)
Sleep structure
Effects of alcohol and caffeine on sleep quality
Common Sleep Disorders
Improving sleep
Shift work and fatigue
Responding to fatigue
Accessing assistance for fatigue and sleep problems
Leader FRM eLearning Modules
Leader responsibilities
Identifying fatigue hazards
Assessing fatigue risk
Fatigue risk control
Directing employees to assistance