

Fatigue Risk Management eLearning

The purpose of this program is to help individuals and workplaces reap the benefits of optimal sleep. Well rested employees are healthier, happier and more engaged than their sleep deprived colleagues. That's because poor sleep has significant detrimental effects on performance, wellbeing and quality of life.

Lack of sleep can also be downright unsafe with the effects of sleepiness being comparable to being legally drunk.

This comes at a big cost to businesses. Deloitte Access Economics has determined poor sleep costs Australian businesses more than 17 billion dollars annually due to reduced productivity. That's a greater economic impact than poor diet and physical inactivity combined.

Improving sleep doesn't have to be difficult. Workplaces can start by using the Sleep Health training to inform employees about why sleep is important and ensure it is prioritised. Individuals can use the Sleep Health training to optimize their current sleep and to rectify simple sleeping problems when they occur. The training is written by psychologists with significant mental health and workplace wellbeing 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*

Fatigue Risk Management - eLearning Modules
Introduction to Sleep Health
What causes Fatigue?
The Sleep Drive
Sleep Debt
Circadian Rhythms
Sleep Structure
Effects of Alcohol and Caffeine on sleep quality
Common Sleep Disorders
Improving Sleep
Accessing assistance for Sleep Problems

This program is being delivered in collaboration with People Diagnostix

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