



# BASIC FATIGUE MANAGEMENT (BFM)

## AIM

To provide the knowledge and skills required to apply fatigue management strategies, including identifying and acting upon signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities.

On completion of this course the trainee will be able to:

- Apply fatigue management strategies.
- Identify and act upon signs of fatigue.
- Implement appropriate strategies to minimise fatigue.
- Demonstrate knowledge of fatigue in the workplace.
- Apply relevant regulations, codes of Commonwealth and state/territory legislation and relevant regulations covering the management and guidelines of the Commonwealth Government and the state/territory authorities concerning fatigue management during work activities.
- Requirements when driving heavy vehicles.

## DESIGNED FOR

All logistics employees', heavy vehicle drivers that operate truck and trailer combinations over 12 tonne GVM and buses built to seat over 12 adults (including the driver).

## PRE-REQUISITES

None

## DURATION

½ Day and on-the-job practical application plan.

## QUALIFICATION GAINED

Statement of Attainment - TLI F2010A Apply fatigue management strategies

## COST

\$250\* excl GST.

\*prices may vary depending on location

