

# Fatigue Management for Drivers



## AIM

This training involves the skills and knowledge required to apply fatigue management strategies, including identifying and acting upon signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities, in accordance with legislative and regulatory requirements. It encompasses the application of the relevant regulations, codes and guidelines of the federal government and state/territory authorities concerning fatigue management during work activities.

It also involves the skills and knowledge required to compile the information required for a work diary used in the road transport industry and complete the diary according to regulatory and legislative requirements.

## CONTENT

- Relevant codes, regulations, and licence requirements related to fatigue management and work diaries including workplace policies and procedures
- Recognise symptoms of fatigue and take appropriate action in accordance with fatigue management regulations and workplace procedures to ensure effective work capacity and alertness is maintained
- Causes and effects of fatigue on workers/drivers, and factors which increase fatigue-related accidents
- Assessing workplace procedures to minimise fatigue
- Minimising factors that increase fatigue-related accidents
- Strategies and ways of managing fatigue
- Lifestyles which promote the effective long-term management of fatigue
- Adjust lifestyle patterns to ensure effective fatigue management during work activities
- Communicating fatigue management strategies to relevant people
- Planning appropriate counter measures to combat fatigue
- Explanation of the different types of Fatigue Management Hours
- Compiling information required for the diary and
- How to complete a work diary

## Units of competency

**TLIF2010** Apply fatigue management strategies and  
**TLIE3028** Complete a work diary in the road transport industry

## Designed for

All drivers that operate truck and trailer combinations over 12 tonne GVM and buses built to seat over 12 adults (including the driver).

## Duration

Half Day

## Cost

For information on fees, please call 1300 554 077

1300 554 077

[www.transqual.com.au](http://www.transqual.com.au)