

Apply Fatigue Management Strategies

TLIF2010



Broadspectrum Training Services Pty Ltd is a Registered Training Organisation (RTO Code: 31843), specialising in the delivery of nationally recognised training and assessment services

Are you interested?

For further information about this program, please contact:

Broadspectrum Training Services

P: 07 4631 0233

E: rto@broadspectrum.com

A: 371 Taylor Street
Toowoomba QLD 4350



ABOUT THIS COURSE

This unit involves the skills and knowledge required to apply fatigue management strategies within the transport and logistics industry. Work is undertaken in compliance with relevant legislation, regulations, codes and guidelines.

It includes identifying and acting on signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities, in particular when operating equipment, trains, vehicles, load shifting equipment, marine vessels and aircraft.

Work is performed under some supervision generally within a team environment.

No licensing, legislative or certification requirements apply to this unit at the time of publication.

COURSE STRUCTURE

To be awarded this unit of competency, students will need to complete the course work as it applies to workers who must manage their fatigue.

Elements of the Unit of Competency

- Identify and act upon signs of fatigue
- Implement strategies to minimise fatigue

Required Skills and Knowledge

The required skills and knowledge of this unit focuses on skills that include:

- Adapting to change in rosters
- Adjusting lifestyle patterns for effective long term fatigue management
- Applying precautions and required actions to minimise fatigue using strategies
- Applying relevant legislation and workplace procedures
- Communicating effectively with others
- Identifying and meeting own learning needs about fatigue management
- Modifying activities and taking appropriate initiatives
- Reading and interpreting instructions, procedures, regulations and signs
- Recognising symptoms of fatigue and taking appropriate action
- Working collaboratively with others
- Causes and effects of fatigue on workers
- Factors that increase fatigue-related

accidents

- How fatigue affects workplace performance and contribute to accidents
- Risks and hazards created by workplace fatigue
- Sources of information

ASSESSMENT

Students will be assessed to confirm competence using a combination of knowledge based assessment, practical activities and assessments.

WHAT MATERIALS/EQUIPMENT DO I REQUIRE?

Students will be provided with access to all learning resources. Suitable workplace assessment environments are to be provided by the student's employer.

COURSE OUTCOME

On successful completion of the assessments, a nationally recognised Statement of Results will also be issued by Broadspectrum Training Services outlining the specific unit of competency completed.

DURATION, DELIVERY METHOD, PARTICIPANTS AND PRICE

Students have a period of 6 weeks from the date of enrolment to complete the requirements of the unit of competency. Where students have not successfully completed all of the requirements for the unit, no Statement of Results will be provided.

Delivery of this unit of competency combines face to face delivery, workplace delivery and assessment.

Quotation provided upon request.

COURSE VENUE

Broadspectrum Training delivers this unit of competency using a combination of in house face-face training and workplace based delivery.

Knowledge
Skills
Development