

Information Workshop

Fatigue Management

Guidelines for Safe Work Practices

Background:	The effects of fatigue represent a serious threat to safety at work. The short term effects can place workers at risk of causing accidents, possibly injuring themselves or those around them. Long term effects can lead to serious health issues such as high blood pressure, heart disease, diabetes, anxiety and depression.
Timing:	1 hour workshop
Who should attend:	Workers, supervisors and managers concerned about maintaining a healthy and safe workplace. Including workers and their managers, who are involved in occupations at high risk of suffering fatigue, such as shift workers, night workers, FIFO workers, transport workers, emergency and medical workers, as well as those in highly stressful situations at work or elsewhere.
Workshop Overview:	Fatigue defined, effects of fatigue, recognising the signs, risk assessment, control measures, designing safe workplaces, obligations under the WHS Act, guidelines for managing workplace fatigue, fatigue checklist <i>Questions and scenarios</i>
Provider:	Paragon Work Health Safety - Member of Safety Institute of Australia
Facilitator:	Peter McWhinnie Graduate Diploma of Organisational Safety Management (Uni SA), Cert IV in Transport, Warehousing and Logistics, Diploma of Occupational Health and Safety, Diploma of Quality Auditing, Nationally accredited workplace trainer and assessor (Cert IV TAE), Diploma of Business, Diploma of Management. Experience: transport fleet manager, truck driver for MC, heavy machinery operator, parks and gardens maintenance, long term shift worker.

