

# SPECIALISATION: FATIGUE MANAGEMENT ESSENTIALS FOR MANAGERS

Designed for fleet managers or other line Managers who oversee drivers



**When a person is fatigued or sleepy they are less able to respond quickly to changes in their environment and they are also less likely to notice things that may pose a risk.**

How many people can say that every night they get the recommended hours of sleep? The effects of fatigue are comparable to being over the drink driving limit for alcohol.

Fatigue can cause crashes, physical and mental health problems. It can affect people's lives and livelihoods. However, when your job is driving, fatigue isn't just a major risk for the individual. It impacts the safety of passengers, other road users, the employing organisation and the wider community. Fatigue management is a shared responsibility between drivers and management, because it involves factors both inside and outside the workplace.

Whether you directly manage drivers or are responsible for supervising their work, you have a key role in managing driver fatigue risk. Your interactions with drivers, the decisions you make, tells drivers that your organisation is committed to minimising the risk to safety and health from fatigue.

Ultimately, the way you behave and respond to your drivers will influence whether you find out about fatigue before or after an incident.

Offered by:



<b>Vehicle types</b>	Light vehicles
	Heavy duty transportation
<b>When</b>	Self-paced Start immediately
<b>Format</b>	Online: (computer or smartphone)
<b>Duration</b>	1.5 hours
<b>Language</b>	English

**USD 99 per participant**

# SPECIALISATION: FATIGUE MANAGEMENT ESSENTIALS FOR MANAGERS

## What will you learn?

By the end of this specialisation, you will be able to:

- Recognise the physiological and psycho-logical effects and impact of fatigue;
- Know your role as a manager and understand the actions you can take to manage the risk of driver fatigue;
- Build a roster schedule that limits fatigue risk;
- Implement processes for planning and undertaking road transport journeys with the goal of arriving safely;
- Facilitate dialogue with a fatigued driver.

## What will you get?

When you purchase this training, you get access to:

- Downloadable training materials;
- 1-year access to the Training Portal;
- 20% discount on AlertMeter, a patented psychomotor vigilance test;
- A 30-minute 1-on-1 session with Dr. Doug Potter to clarify any questions you might have;

Upon completing the training, your electronic Certificate of Participation will be added to your Personal page - from there, you can print your Certificate or add it to your LinkedIn profile, on printed resumes, CVs, or other documents.

## About Mainspring Resourcing

Mainspring Resourcing delivers comprehensive outsourced solutions, including HR and staffing services, using technology to support your greatest asset, thus enabling you to focus on core business activities. Besides our primary services below we specialize in creating a unique solution to support your specific business needs.

## Q&A with Dr. Doug Potter

Through this specialisation, you will have the possibility in a personalised 30-minute Q&A session with Dr. Doug Potter.

During this Q&A, you can:

- clarify or explore further points that were raised during the online training;
- ask questions you may have in relation to your own situation;
- ensure you understood the key points;

At the end of the session, you will be ready to implement actions to reduce fatigue among your drivers.

