

WORK-RELATED FATIGUE

Facilitator Guide



Timings	Facilitator Notes	Resources
15 mins	Discuss learning outcome and assessment criteria	Slide 1 Slide 2
	DISCUSS <i>Refer Student Notes – What is fatigue?</i> <i>Refer Student Notes – What is fatigue a problem?</i> <i>Refer Student Notes – How can you tell if someone is fatigued?</i> <i>Refer Student Notes – who has health and safety duties in relation to managing the risks of fatigue?</i> <i>Refer Student Notes – how can the risks of fatigue be managed at the workplace</i>	Slide 3 Slide 4 Slide 5
	DISCUSS Refer Student Notes – factors that may contribute to and increase the risk of fatigue Discuss the factors including; • Work schedules • Job demands • Sleep • Environmental conditions • Non-work related factors	Slide 6
	DISCUSS <i>Refer Student Notes – How to identify factors that may contribute to or increase the risk of fatigue</i>	Slide 7
	DISCUSS <i>Refer Student Notes – Assessing the risks</i>	Slide 8
	DISCUSS <i>Refer Student Notes – Controlling the risks</i> <i>Refer Student Notes – Monitoring and reviewing</i> Discuss controlling the risks including; • Work scheduling • Shift work and rosters • Job demands • Environmental conditions • Non-work related factors	Slide 9 Slide 10 Slide 11 Slide 12
	ACTIVITY Have participants break into groups and complete STUDENT ACTIVITY. Discuss responses in group.	-

Version	Date	Author
1	30/06/2018	WHSQ