



## **Fatigue Management Detailed Outline**

### **Chapter 1:**

- Importance of Safety Training
- Hazard Assessment, Control & Elimination
- The Value of Life
- Communicating & Training
- Due diligence
- Documentation
- Competent person
- Attitude
- Culture

### **Chapter 2:**

- Driving Hazards
- Fatigue Management
- Sleep
- Napping
- Sleep Inertia
- Insomnia
- Micro-sleep
  
- Glossary
- Additional Resources

### **Practical Activities:**

Every participant will complete a journey management plan and fatigue assessment form typical to industry for due diligence purposes. A fatigue/ satisfaction self –assessment activity is to be completed by the student and retained by them for awareness of stressors and impact on their own lives.

