

Course Length: 0.5 hours

Course Objective:

- This course provides awareness of the causes and preventative measures to minimize the physical and mental effects of fatigue.

Course Design:

- Narrated e-learning modules

Successful Course Completion:

- Requires successful completion of knowledge assessment.

Course Outline:

- Extended hours of work
- Shift work
- Inadequate time for sleep between shifts/early or late shifts
- Job design
- Working in a second job
- Extended commuting times
- Heavy family and social obligations
- High level of community activities
- Emotional issues (for example, relationship pressures)
- Age of worker
- Poor health and fitness levels

Post Training Evaluation:

- The employer shall ensure that each employee is evaluated to confirm that he/she understands the information provided in the training.

Reference Material / Documents:

Various industry standards, techniques and best practices.

M&A Safety Services training conforms to OSHA CBT Training standards and ANSI Z490.1. Criteria for Accepted Practices in Safety, Health and Environmental Training. M&A Safety Services LLC. follows all ANSI training criteria.

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