



Fight Fatigue – 2 Hour Workshop

Description: This two (2) hour workshop will provide workers with the skills necessary to understand and manage fatigue. The workshop explores practical exercises and strategies to identify the signs and symptoms of fatigue and to help reduce the risk of injury.

Learning Outcomes: On completion of this course participants will be able to:

- Recognise the difference between sleepiness and fatigue.
- Appreciate the effects fatigue can have on an individual.
- Identify the signs and symptoms of fatigue.
- Implement strategies to help reduce the risk of fatigue and injury.
- Understand the relationship between the body, sleep, exercise & healthy eating.
- Perform practical stretches and exercises to assist in increasing energy and alertness.

Training Delivery: This course can be customised by experienced and qualified safety facilitators to suit your organisational needs. It will include a variety of training delivery methods designed for your working environment and to enable participant interaction.

Investment: On-site delivery costs (maximum 20 participants). Price on application.
Discounts apply to Safety Partnership Program members.

Certification: Participants will receive a Certificate of Attendance.

Safety Australia Group ABN: 22 133 366 300

1300 585 128 | admin@safetyaustraliagroup.com.au | www.safetyaustraliagroup.com.au

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