



Fatigue Risk Management (FRM) eLearning

The purpose of this program is to help individuals and workplaces understand and respond to risks caused by employee fatigue. The aim is to increase health, safety, wellbeing and productivity outcomes.

Mental fatigue (caused primarily by insufficient sleep) is a significant safety concern for businesses. Extended wakefulness and regular sleep deprivation has a comparable impact on impairment as being legally drunk.

It should come as no surprise then that in a recent Australian study, 29% of adults admitted to making errors at work because of fatigue and 5% had an accident in the past year due to falling asleep at the wheel.

Improving fatigue management doesn't have to be difficult. Workplaces can start by using the FRM eLearning to inform employees about how to prepare properly for work through optimising sleep.

Leader FRM training is also available (as a separate program) to assist those responsible for direct supervision of employees in safety critical roles to identify and mitigate fatigue risk.

The training is written by psychologists with significant workplace health and safety expertise.

Features:



high quality engaging animated content



plenty of supporting information



multiple choice questions to ensure transfer of learning



is self-paced



issues certificate on completion and



can be completed on most devices with internet connectivity

The FRM eLearning is of the highest quality training (both in content and aesthetics) available for online workplace education.

Each 2-4 minute video can also be made available as stand-alone modules and come complete with a leader discussion guide. This makes for an easy to prepare and facilitate "micro-learning" event and can create a

deeper learning experience than purely online. It also removes the need for a subject matter expert to be on site.

It is possible to tailor text components of the online training as well as leader discussion guides. Company branding can also be applied. These services will be charged as an additional cost for small numbers of learners.

Fatigue Risk Management eLearning Modules

What is fatigue?

What causes fatigue?

The sleep drive

Sleep debt

Circadian rhythms (includes discussion on blue light)

Sleep structure

Effects of alcohol and caffeine on sleep quality

Common Sleep Disorders

Improving sleep

Shift work and fatigue

Responding to fatigue

Accessing assistance for fatigue and sleep problems

Additional optional modules:

Night Shift – managing the transition

Commuting FIFO

Commuting DIDO

Napping

Improving sleep – behavioural

Improving sleep – cognitive

Optimising your sleep environment

Leader FRM eLearning Modules

Leader responsibilities

Identifying fatigue hazards

Assessing fatigue risk

Fatigue risk control

Directing employees to assistance

Want to know more? Call us today!

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