

# Managing the Fatigue of Staff



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MANAGING THE HIDDEN RISK TO YOUR WORKFORCE HEALTH & SAFETY

Fatigue management training workshops are a proven strategy for helping personnel combat fatigue in the workplace. Essential to addressing the fatigue of staff is support from management and supervision.

Our half day workshop 'Managing the Fatigue of Staff' is designed to provide leaders with the knowledge, skills and ability to effectively manage the fatigue of their team.

## Key Objectives

By the end of the workshop, participants will be able to:

- Diagnose fatigue in others by using diagnostic tools and assessing fitness for work.
- Manage staff's work hours, schedules, and fatigue management plans to reduce the incidence of fatigue.
- Understand their responsibilities and accountabilities under relevant legislation.
- Provide feedback and communicate in a manner that builds rapport and reduces defensiveness.
- Understand the key leadership principles that can be used to improve frontline leadership skills.
- Understand how to create a 'fit for work' culture.

## Audience

This workshop is applicable to the supervisory level and above.



## The Process

This is a four hour course comprising of lecture material, discussion and group work.

Please contact PSB Solutions on (08) 9489 3900 or visit [www.psbolutions.com.au](http://www.psbolutions.com.au) for session dates.

## Want to Deliver This Training In-House?

PSB Solutions can offer this training in-house. We also design and develop client-branded fatigue management courses with train-the-trainer or trainer-supplied options.

## About PSB Solutions

PSB Solutions are a specialist team of psychologists facilitating positive change in the areas of People, Safety and Business improvement.

Our solutions to organisational concerns include Occupational Health and Safety Solutions, Behaviour Based Safety, Leadership Coaching, Employee Selection, Training and Development and Human Resource Systems Improvement. Please contact PSB Solutions for further information on (08) 9489 3900, or at [info@psbolutions.com.au](mailto:info@psbolutions.com.au).

