



## Module 6: Course summary



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## Congratulations!

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The last module is the course summary





## Course learning objectives

You should be able to:





## Overview of fatigue and the legislation

Fatigue is **more** than a feeling of being **tired**, and it is not the same as being weary from normal daily activity.

Fatigue can be **caused** by:

Sleep



Time of day



Lifestyle & health



Personal



Work



"Impaired by fatigue"



Ability to function in a safe manner is compromised by the effects of fatigue on their body or their mental state

**Legislation** exists to prevent fatigue in drivers and operators by regulating work and rest hours under the **Standard**, **BFM** and **AFM** options and imposing other **safety requirements**.



[Heavy Vehicle National Law](#)



[Heavy Vehicle \(Fatigue Management\) National Regulation](#)

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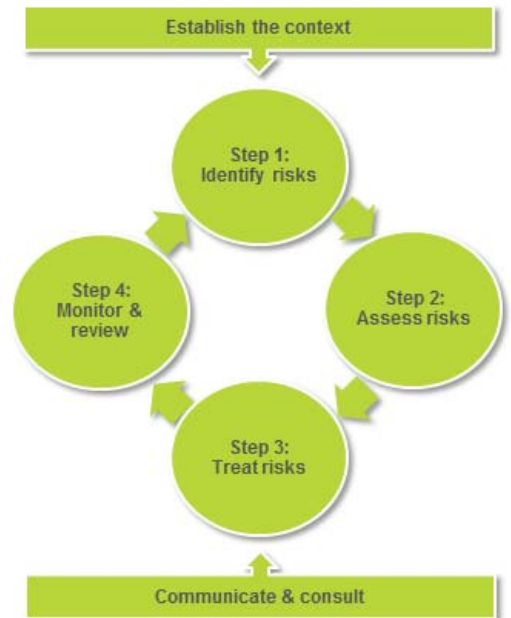
## Overview of a Fatigue Risk Management System

### Fatigue Risk Management System (FRMS)



Used by the organisation to **manage fatigue**

Follows the stages in the **risk management process**



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## Fatigue risk controls

Fatigue Management Policy & Procedure

Hazard & Incident Reporting

Training & Communication

Scheduling & Rostering

Driver / Operator Fitness for Duty

Workplace Conditions

Loading, unloading & queuing practices

Explored a number of supporting tools, their purpose and implementation



This is **not an exhaustive list** of controls for fatigue but it does provide an overview of common risk controls that may be used in your workplace.

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## Fatigue monitoring and review

✔ Fatigue Risk Management System is **implemented**

✔ Ensure workplace **compliance** with the system is **maintained**



Monitor and review your FRMS **records, documents** and **processes** on a regular basis



Confirm whether the FRMS risk controls:

- ? Have been implemented
- ? Continue to be effective
- ? Do not result in new risks

Monitor and review the FRMS on a:

- ? Day-to-day basis
- ? Ad-hoc basis
- ? Scheduled basis





## Next steps



Statement of Attainment



If you have any questions about the assessments, you can call our Assessment Hotline

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