



## 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:** This course will provide participants with:
- The ability to recognise the difference between sleepiness and fatigue.
  - The ability to recognise the effects fatigue can have on an individual.
  - Strategies that can be put in to place to help reduce the risk of fatigue and injury.
  - An understanding of the relationship between the body, sleep, exercise & healthy eating.
  - Practical stretches and exercises to assist in increasing energy and alertness.
- Training Methodology:** This course can be customised and tailored by experienced and qualified safety facilitators to suit your organisational needs.
- Investment:** On-site delivery (maximum 20 participants). Price on application. Discounts apply to Safety Partnership Program members.
- Certification:** Participants will receive a Certificate of Attendance.