

# Fatigue Risk and Safety

Increasing productivity and efficiency of Fatigue Risk Management Systems (FRMS) while maximising operational performance

Sydney, Australia

14<sup>th</sup> & 15<sup>th</sup> June 2018

## Featuring Guest Presentations by:

**Mr Nathan Hines** Human Factors and Fatigue SME  
**Sydney Trains**

**Dr Grace Vincent** Associate Consultant  
**Fatigue Management and Sleep Solutions Australia**  
Senior Postdoctoral Research Fellow  
**School of Health Medical and Applied Sciences, CQUniversity**

**Ms Madeline Sprajcer** Associate Consultant  
**Fatigue Management and Sleep Solutions Australia**  
PhD Candidate  
**School of Health Medical and Applied Sciences, CQUniversity**

**Mr Ian Thomas** Managing Director  
**Fatigue Management International**

## Course outcomes

- Organisational hazards contributing to fatigue
- Implementing innovative strategies to predict, detect and monitor fatigue in a systematic way
- Helping employees manage shiftwork and curb the effects of fatigue on social life and family schedules
- Evaluating and ensuring the effectiveness of fatigue controls
- Exploring real-time technologies for assessing and monitoring fatigue, including driver fatigue, fatigue risk assessments and self-assessment tools
- Monitoring the implementation of fatigue strategies and recognising breaches of fatigue management policies, procedures and regulations
- Integrating FRMS into a Safety Management System
- Building the culture of trust for a collaborative approach to FRMS implementation

Improving safety at your workplace by reducing fatigue and related risks, promoting health and wellness in order to increase productivity, employee safety and job satisfaction.



Great mix of different industries and some excellent external presenters with real success stories.

**Operations Superintendent, NCIG**

Excellent! Enjoyed the science behind fatigue and feel like I have learned so much in 2 days. Great to hear real life examples and to be able to ask questions and draw on various experiences.

**Director, Cummins**

There was a great mix of research/theory couples with actual working case studies.

**Unit Manager, DPTI**

Presenters were excellent: Their subject matter, their experience, their presentations. 10/10

**Senior Advisor, Qld Health**

Fatigue makes fools of us all. It robs us of our skills, our judgement, and blinds us to creative solutions.

Harvey Mackay

# Fatigue Risk and Safety

## Booking Line:

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## DAY ONE

**Start-off Exercise:** Your key individual and corporate objectives in attending the course

### Session One

#### Fatigue Fundamentals

- Providing an overview of the underlying science of fatigue, including definition, causes and consequences
- Exploring the critical role of sleep and circadian rhythms

**Activity:** Identifying the key fatigue-related risk factors for your operation/organisation.

### Session Two

#### Hours of Work and Rostering Principles

- Looking at principles to guide effective scheduling of 'master' rosters
- Obtaining guidelines for dealing with day-of-operations variations
- Effectively dealing with emergency response
- Considering Residential / FIFO / DIDO

**Mr Nathan Hines** Human Factors and Fatigue SME  
**Sydney Trains**

**Activity:** Discussing the challenge of developing and monitoring hours of work guidelines across a diverse workforce

### Session Three

#### Developing an Effective FRM Implementation Plan

- Presenting the key components of an effective FRMS
- Prioritising cultural considerations – organisational safety culture and fatigue management maturity
- Incident reporting and investigation

**Individual Activity:** Identifying the fatigue culture maturity level of your operations

**Small Group Activity:** A hands-on exploration of the contribution of fatigue to real-life incidents

### Session Four

#### The Latest Sleep and Fatigue Scientific Research and Potential Operational Applications

- What is new in sleep and fatigue science research?
- What are the components of a successful sleep behaviour workplace intervention?
- How does sleep influence other crucial health behaviours (e.g., diet, physical activity)?

**Dr Grace Vincent** Associate Consultant

**Fatigue Management and Sleep Solutions Australia**

#### Small Group Activity: From Research to Practice

What are the implications of these latest developments for the future of Fatigue Risk Management? How could these be applied to your industry?

## DAY TWO

### Session One

#### Managing Fatigue Risks in On-call and Standby Operations

- Why is the use of on-call and standby working arrangements increasing?
- Understanding the effects of on-call work on sleep and the possible subsequent performance and work safety outcomes
- Identifying the fatigue-related challenges specific to on-call workers

**Ms Madeline Sprajcer** Associate Consultant

**Fatigue Management and Sleep Solutions Australia**

**Small Group Activity:** Identifying the key fatigue-related risks related to on-call work in your organisation, and a discussion of possible strategies and countermeasures

### Session Two

#### Detecting Fatigue before it is Too Late: Managing High Risk Individuals

- Discovering the hidden risk of unrecognised and untreated sleep disorders
- Conducting self-assessment and assessment of fatigue in others
- Developing personal fatigue risk management plans

**Case Study:** Developing a Personal Fatigue Risk Management Plan for high risk individuals

**Group Discussion:** Convincing tired drivers to take a break from driving

### Session Three

#### Metrics that Matter: Implementation of the Latest Tools and Innovations to Manage Fatigue

- Exploring the latest technologies for assessing and monitoring fatigue, including driver fatigue, fatigue risk assessments and self-assessment tools
- Understanding the critical need to identify system maturity to tailor solutions that will work for your company
- Exploring real-time smart phone and tablet-based applications

**Group Exercise:** Hands-on demonstrations of some of the latest fatigue technologies

### Session Four

#### Implementing Fatigue Technology Utilising a Change Management Framework

- Pre-implementation planning
- The current state assessment
- Identifying and managing transition state resistance
- Future state sustainability

**Mr. Ian Thomas** Managing Director

**Fatigue Management International**

**Small Group Activity:** Build an activity plan for each change stage to minimise project resistance for a fatigue technology solution

## Why you should attend

Fatigue Risk Management has become an established event that has been aiding safety professionals in developing fatigue management systems tailored to individual and organisational needs as well as introducing up to date effective biomathematical models and fatigue technologies. Networking with a vast array of different industry professionals has helped professionals observe different industry approaches and innovative corrective actions.

Our progress to excellence continues with Fatigue Risk and Safety 2018. As safety data continues to show, fatigue is a frequent contributor to accidents and other losses suffered by organisations. Fatigue represents a significant health, safety and productivity risk to many workers, with around 16% of Australians undertaking shift work and many more working extended hours, particularly in safety critical operations. It is regulated heavily with many companies having FRM systems in place but the question is whether fatigue laws and systems that companies have truly work in hospital rooms, in the driver seats, in the warehouses and in the mines. What can your company do better not only to abide by the regulations but to truly mitigate adverse health and well-being outcomes, minimise stress and negative social effects and decrease absenteeism? Fatigue is difficult to eliminate, particularly in 24/7 operations, but it can be minimised and managed with tailored tools and proper planning.

This 2 day advanced training will provide you with the techniques to mitigate fatigue risks in your organisation, enabling you to develop intelligent solutions that reflect your operation. We will examine real case studies and practical strategies to predict, identify and manage fatigue, and implement best practice FRM initiatives.

## Programme Schedule Day One and Two

0830	Registration and morning coffee
0900	Morning session commences
1030	Morning refreshments and networking break
1100	Morning session re-commences
1230	Networking luncheon
1330	Afternoon session commences
1500	Afternoon refreshments and networking break
1530	Afternoon session re-commences
1700	Course concludes

## Pre-course questionnaire

To ensure that you gain maximum benefit from this event, a detailed questionnaire will be sent to you to establish exactly what your training needs are. The completed forms will be analysed by the course trainer. As a result, we ensure the course is delivered at an appropriate level and that relevant issues will be addressed. The comprehensive course material will enable you to digest the subject matter in your own time.

## Trainers – key to our success!

**marcus evans'** trainers are leading associate trainers. This ensures that our trainers are the best and most appropriate trainers for each individual course in terms of areas of expertise, training style, commercial industry experience and proven results. We choose trainers who are specialists in their respective fields and are dedicated to enhancing the skills and knowledge of our delegates through practical, interactive and applicable training.

## Training style – making training dynamic!

Our trainers are selected on their ability to inspire, motivate and empower delegates. This is achieved by delivering training that is dynamic and relevant to the day-to-day challenges delegates face in the real world.

All of the training courses offered represent a blend of tried and tested methods as well as the latest tools, techniques, market research, case studies and dynamic ways of thinking.

A maximum of ten delegates per course in deluxe training venues allows for interactive training through group discussion, role-plays and exercises giving delegates the "how to" applicable and adaptable skills that they can use on returning to work.

## In-house training - Any topic, anytime, anywhere

Leverage our global network of trainers to deliver scalable training anywhere in the world both in English and a range of additional languages. Our global presence delivers local knowledge and operational capabilities to support the most demanding of clients with diverse training needs. What we offer:

- Bespoke course development based on specific needs
- Ability to deliver as a one off course or a global training series across multiple sites
- Unbeatable stable of the best trainers across all industry sectors and discipline
- Multi-lingual and culturally sensitive delivery
- Unrivalled operational support across our 59 office locations

## Companies that have benefited from our in-house training delivery include

**Woodside Energy, Rio Tinto Iron Ore, Central Bank of Solomon, RCR Infrastructure, Verve Energy, Ergon Energy** and many more.

 For more information contact us on **+ 603 2723 6604**

or email us your training need on

**[BernadineM@marcusevanski.com](mailto:BernadineM@marcusevanski.com)**

**marcus evans** professional training courses combine the latest tools, techniques, market research, case studies and dynamic ways of thinking, delivered by experienced trainers to ensure the skills and knowledge acquired are directly applicable to your organisation.

<b>Research</b>	the latest concepts, tools, techniques and tried and tested methods
<b>Trainers</b>	the highest standard of dynamic trainers with cross-industry experience
<b>Tailored</b>	detailed pre-course questionnaires to address your objectives
<b>Applicability</b>	training relevant to your needs and your workplace
<b>Interactive</b>	limited numbers with group exercises, role-plays and feedback
<b>Action</b>	planning, implementation and follow-up
<b>Documentation</b>	comprehensive supporting notes and further reading materials
<b>Venue</b>	deluxe facilities supporting the training environment