

Program: Diploma in Occupational Health & Safety

Course: DOHS 4271 – Fatigue Management

Instructor: **Susan Sawatzky**

Course Description:

Fatigue and its management is an issue that has become increasingly important in the safety profession, and which has led to major legislative changes in Canada and the United States in the past five years. The major objectives of this course are to help OHS professionals better understand this key safety issue and how to manage it. To achieve this, the course highlights modern research and knowledge relating to the causes and effects of fatigue. It then discusses fatigue as a safety issue and introduces tools and methods to assess, manage and mitigate fatigue hazards. The history of fatigue management is also briefly surveyed to help participants better understand the components required to create a comprehensive fatigue risk management plan.

Learning Outcomes:

- Understanding the key components necessary to create a well-founded fatigue risk management plan
- Knowledge of the human physiology and work factors that contribute to fatigue, as well as the short- and long-term effects of fatigue
- A grasp on current occupational health and safety research regarding fatigue
- Having explored the different types of fatigue control
- Having examined the history of fatigue management in Australia, Europe, and North America
- Being introduced to the creation of a Fatigue Risk Management Plan (FRMP)

Course Outline:

Module 1: Defining the Need for FRMP within an Organization

Module 2: Fatigue 101

Module 3: Fatigue as a Safety Issue

Module 4: Managing Fatigue

Module 5: A History of Fatigue Management

Module 6: Creating a Comprehensive FRMP

Academic Requirements:

- 1 reflection paper assignment worth 10%
- 1 final assignment (4-8 pages) worth 20%
- 1 cumulative Final Exam worth 70%