**SMC 10 – Apply fatigue management strategies**

**Unit Descriptor**

This unit involves the skills and knowledge required to apply fatigue management strategies, including identifying and acting upon signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities.

**Application of Unit**

Persons achieving competence in this unit will need to fulfil the applicable Commonwealth and state/territory legislation and relevant regulations covering the management of fatigue in the workplace.

Work is performed under some supervision generally within a team environment. It involves the application of the relevant regulations, codes and guidelines of the Commonwealth Government and the state/territory authorities concerning fatigue management during work activities and in particular when operating equipment, vehicles, load shifting equipment, trains, marine vessels and aircraft.

*This unit is TLIF2010A from the Transport and Logistics package.*

**Competency Field – Safety**

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| **Element** | **Performance Criteria** |
| 1. Identify and act upon signs of fatigue. | * 1. Potential causes of fatigue are monitored and action taken to minimise their effects in accordance with company procedures   2. Personal warning signs of fatigue are recognised and necessary steps are taken in accordance with workplace procedures to ensure that effective work capability and alertness are maintained |
| 1. Implement strategies to minimise fatigue | * 1. Routes and schedules are assessed and planned to minimise fatigue   2. Factors which increase the risk of fatigue-related accidents and safety incidents are understood and minimised   3. Strategies to manage fatigue are implemented in accordance with company policy   4. Lifestyle choices are made which promote the effective long-term management of fatigue   5. Effective practices in combating fatigue are adopted and applied   6. Personal fatigue management strategies are communicated to other relevant people   7. Appropriate counter measures are planned to combat fatigue |

**Required Knowledge and Skills**

**Knowledge:**

* WI 76.01.01 – Managing Fatigue for Heavy Vehicle Operators
* Relevant codes, regulations, permit and licence requirements related to fatigue management
* Relevant WHS regulations as they relate to fatigue
* Workplace policies and procedures related to fatigue management and the control of factors that can contribute to fatigue and fatigue-related accidents
* Sources of information on fatigue
* The risks and hazards created by fatigue in the workplace
* How fatigue affects workplace performance
* How fatigue contributes to workplace accidents
* Ways of recognising fatigue
* Strategies and ways of managing fatigue
* Causes and effects of fatigue on workers/drivers
* Factors which increase fatigue-related accidents
* Lifestyles which promote the effective long-term management of fatigue

**Skills:**

* Communicate effectively with others when applying fatigue management strategies
* Read and interpret instructions, procedures, regulations and signs related to fatigue management and apply them to work activities
* Recognise symptoms of fatigue and take appropriate action in accordance with fatigue management regulations and workplace procedures
* Work collaboratively with others to manage and minimise the effects of fatigue during work activities
* Adjust lifestyle patterns to ensure effective fatigue management during work activities
* Modify activities and take appropriate initiatives to manage fatigue in the workplace depending on differing work contexts, risk situations and environments
* Apply precautions and required action to minimise and control the effects of fatigue when carrying out own work functions
* Adapt to changes in rosters and standard operating procedures as they may relate to fatigue management
* Participate in identifying and meeting own learning needs on matters related to fatigue management.

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| Issue | Release Date | Summary of Changes |
| 4 | August 2015 | National competency unit number changed. |
| 3 | May 2015 | Revised with minor updates. |
| 2 | July 2012 | Minor update with formatting changes. |