

Online Truck Driver Fatigue Management

Online training. Once you have signed up to your course, you have 60 days of accessibility to complete your assessment.



**SAFETYTM
ACTION**

**AXIOM
TRAINING**



Capacity
Unlimited



1 Day Workshop
Self-Pace Learning



Locations
At our local training centre
At your own site or workplace

Overview

Learn essential strategies to manage fatigue and stay alert on the road. This course equips truck drivers with practical tools and knowledge to enhance safety and reduce risks associated with fatigue. This interactive eLearning course equips truck drivers with practical skills to recognise and manage fatigue, promoting safety on the road. Learn to identify early signs of fatigue, improve sleep quality, manage breaks, and stay alert during long journeys. Gain the knowledge to drive confidently, reduce risks, and ensure a safer transport environment.

Course Content

- ✓ Health & Safety in the Workplace
- ✓ Understand workplace fatigue
- ✓ The importance of managing fatigue
- ✓ Causes of fatigue
- ✓ Driver responsibilities
- ✓ Employer responsibilities
- ✓ Understand, treat and prevent acute fatigue
- ✓ Understand, treat and prevent chronic fatigue
- ✓ Identify fatigue in yourself
- ✓ Assess workplace fatigue at your organisation

Book your training today

0800 222 388

safetyaction.co.nz