Training Course on Fatigue Risk Management

Professional Development Training Course Outline

Category	Occupational Health	**Duration**	5 Days
Base Fee	$1,500 USD	**Delivery Mode**	Online / On-site Hybrid

Course Introduction

In today’s fast-paced industries, fatigue risk management (FRM) has become a critical priority for organizations focused on maintaining high safety, performance, and productivity standards. Chronic fatigue poses a serious threat in high-risk sectors like aviation, transportation, healthcare, construction, and manufacturing, where cognitive impairments caused by sleep deprivation or long shifts can lead to catastrophic outcomes. Training Course on Fatigue Risk Management is designed to equip professionals with cutting-edge fatigue mitigation strategies, enabling them to manage workplace fatigue proactively and align with global safety regulations and best practices.

This comprehensive course offers a blend of scientific insights, regulatory frameworks, and practical applications that address circadian rhythm management, sleep science, risk assessment tools, and data-driven decision-making. Participants will gain the skills to build and implement a tailored Fatigue Risk Management System (FRMS), ensuring compliance with ISO 45001, ICAO standards, and national occupational health regulations. Whether you're a safety officer, HR professional, or operational leader, this course provides the essential tools and frameworks to protect your workforce and enhance operational resilience.

Programme Curriculum

Training Course on Fatigue Risk Management

Introduction

In today’s fast-paced industries, fatigue risk management (FRM) has become a critical priority for organizations focused on maintaining high safety, performance, and productivity standards. Chronic fatigue poses a serious threat in high-risk sectors like aviation, transportation, healthcare, construction, and manufacturing, where cognitive impairments caused by sleep deprivation or long shifts can lead to catastrophic outcomes. Training Course on Fatigue Risk Management is designed to equip professionals with cutting-edge fatigue mitigation strategies, enabling them to manage workplace fatigue proactively and align with global safety regulations and best practices.

This comprehensive course offers a blend of scientific insights, regulatory frameworks, and practical applications that address circadian rhythm management, sleep science, risk assessment tools, and data-driven decision-making. Participants will gain the skills to build and implement a tailored Fatigue Risk Management System (FRMS), ensuring compliance with ISO 45001, ICAO standards, and national occupational health regulations. Whether you're a safety officer, HR professional, or operational leader, this course provides the essential tools and frameworks to protect your workforce and enhance operational resilience.

Course Objectives

1. Understand the science of fatigue and circadian rhythms in 24/7 operations
2. Identify the causes and effects of workplace fatigue across industries
3. Learn how to develop and implement a Fatigue Risk Management System (FRMS)
4. Apply data analytics to assess fatigue risk in real-time operations
5. Recognize early signs of fatigue and apply behavioral-based interventions
6. Align FRM strategies with ISO 45001 and other regulatory frameworks
7. Integrate wearable technology and biometrics into fatigue monitoring
8. Use predictive modeling for fatigue forecasting and risk mapping
9. Explore the impact of fatigue on mental health and cognitive performance
10. Train supervisors and frontline workers on fatigue mitigation techniques
11. Build a culture of safety accountability and health-first policies
12. Conduct fatigue audits and analyze fatigue-related incidents
13. Develop customized FRM plans tailored to your organizational needs

Target Audience

1. Safety and Health Officers
2. Human Resource Managers
3. Aviation and Airline Operators
4. Transportation and Logistics Managers
5. Construction and Manufacturing Supervisors
6. Healthcare Administrators
7. Regulatory Compliance Professionals
8. Risk Management Consultants

Course Duration: 5 days

Course Modules

Module 1: Introduction to Fatigue Risk Management

- Define fatigue and its types
- Overview of Fatigue Risk Management Systems (FRMS)
- Regulatory drivers: ICAO, ISO 45001, OSHA
- Industry-specific fatigue challenges
- Key terminology and FRM concepts
- **Case Study**: Air France 447 crash – fatigue's role in aviation disasters

Module 2: The Science of Sleep and Circadian Rhythms

- Sleep architecture and cycles
- Circadian rhythms and their impact on performance
- Biological vs. social time misalignment
- Effects of sleep deprivation on safety
- Practical tools to assess sleep quality

- **Case Study**: Shift work fatigue in healthcare during COVID-19

Module 3: Fatigue Identification and Risk Assessment

- Objective and subjective fatigue indicators
- Fatigue risk assessment matrices
- Monitoring tools and technologies
- Leading vs lagging indicators
- Risk prioritization techniques
- **Case Study**: Mining industry – fatality review and fatigue audit

Module 4: Fatigue Mitigation Strategies

- Sleep hygiene education and napping policies
- Rotational shift scheduling strategies
- Fitness-for-duty assessments
- Individual risk profiling
- Fatigue-proofing high-risk tasks
- **Case Study**: London Underground – reducing train operator fatigue

Module 5: Implementing a Fatigue Risk Management System (FRMS)

- Components of an effective FRMS
- Stakeholder engagement and training
- FRMS policy and procedure templates
- Data collection and reporting standards
- Continuous improvement cycle
- **Case Study**: Oil and gas sector – BP Texas City refinery explosion

Module 6: Fatigue Monitoring Tools and Technology

- Wearable tech and alertness detection
- Sleep tracking software integration
- Real-time fatigue dashboards
- Mobile fatigue apps and alerts
- Privacy and data security concerns
- **Case Study**: Commercial trucking – using telematics to monitor driver fatigue

Module 7: Legal Compliance and Ethical Considerations

- Understanding fatigue liability in workplace law
- International regulations and standards
- Employer duty of care
- Ethical workplace policies on rest and breaks
- FRMS documentation and legal defense
- **Case Study**: Healthcare workers' class action over mandatory overtime

Module 8: Building a Fatigue-Smart Organizational Culture

- Leadership commitment and buy-in
- Employee engagement and participation
- Integrating FRMS with existing HSE systems
- Communication and awareness campaigns
- Fatigue champions and peer networks
- **Case Study**: Aviation industry – embedding FRMS in pilot culture

Training Methodology

- Interactive live workshops and breakout sessions
- Real-life case studies and scenario analysis
- Simulation-based fatigue assessment exercises
- Group discussions and problem-solving activities
- Online quizzes and knowledge checks after each module
- Toolkit and templates for FRMS implementation

Register as a group from 3 participants for a Discount

Send us an email: info@fineskilltrainingcenter.org or call *+254769199797*

Certification

Upon successful completion of this training, participants will be issued with a globally- recognized certificate.

Tailor-Made Course

We also offer tailor-made courses based on your needs.

Key Notes

a. The participant must be conversant with English.

b. Upon completion of training the participant will be issued with an Authorized Training Certificate

c. Course duration is flexible and the contents can be modified to fit any number of days.

d. The course fee includes facilitation training materials, 2 coffee breaks, buffet lunch and A Certificate upon successful completion of Training.

e. One-year post-training support Consultation and Coaching provided after the course.

f. Payment should be done at least a week before commence of the training, to Fineskill Training Center account, as indicated in the invoice so as to enable us prepare better for you.

Upcoming Scheduled Sessions

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Online	$1,000
23 Nov 2026	27 Nov 2026	Physical	$1,500
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$3,000
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$4,500

Start Date	End Date	Location	Price
23 Nov 2026	27 Nov 2026	Physical	$6,000
23 Nov 2026	27 Nov 2026	Physical	$6,000

Ready to enroll or request a customized program? Book online or contact us:

Register Online Now

Email: info@fineskilltrainingcenter.com | Website: www.fineskilltrainingcenter.com