

DATASHEET **Fatigue Risk Management Solutions**

Managing Fatigue Training Workshop

About InterDynamics

InterDynamics is a leading provider of decision support and risk management methodologies and software. Servicing an international market, our extensive client base spans the spectrum of shiftwork and safety-critical industries, including transportation, mining, logistics, healthcare and manufacturing.

Fatigue Risk Management

Solutions: Helping businesses identify, assess and manage the risks associated with work-related fatigue at both operational and management levels.

Decision Support Solutions:

Helping organisations plan and schedule their business operations more effectively.

Our collaborative approach to customer service also helps us stand out from the crowd. Our experienced team can call on a wealth of problem-solving expertise to offer advice that is both practical and implementable.

Please contact us to find out more on this or our other offerings

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Targeted communication and education on fatigue is key to stimulating positive organisational culture, and effective change management related to the risks presented by workers who are fatigued. InterDynamics' Managing Fatigue workshop is the perfect starting point for practical staff engagement and positive change on the issues of fatigue and fatigue management.

Focused on providing insight into the short and long-term issues associated with personal fatigue, strategies for managing fatigue both at work and at home, and getting the most out of a healthy work-life balance, this two hour workshop yields useful discussion and practical information that has been valued by participants as the impetus for behavioural change leading to increased safety and a better experience of life.

InterDynamics' Managing Fatigue Training Workshop has been successfully implemented across the aviation, construction, energy, rail and marine industries, providing participants with general awareness information on managing fatigue, managing the social and lifestyle impacts of working shift work, as well as dietary and other techniques for managing personal fatigue.



 InterDynamics

Navigating complexity. Delivering clarity.

InterDynamics' Managing Fatigue Training Workshops also provide participants the opportunity to share individual strategies for managing fatigue, and discuss their effectiveness. Consideration is given to topics such as working hours, body clock, social rhythms, family impacts, health, sleep disorders, commuting, Ideal sleeping conditions, napping, food, water, caffeine, alcohol intake and fatigue risk management concepts.

The Fatigue Management Training Workshop approach is based on the following key objectives:

- Providing practical information and skills to manage fatigue
- Learning how to recognise fatigue
- Reducing the impact of fatigue
- Increased safety
- Increased communication around fatigue
- Balancing work and the rest of life

Some of the feedback from participants on our Managing Fatigue Training Workshops:

Strengths of the Workshop

Increased awareness / understanding
It gave me a better understanding of why I react the way I do after a long day at work - <i>Flight Operations</i> I am better equipped to deal with fatigue - able to recognise when I am fatigued and things to do to avoid it and manage my stress - <i>Cabin Services</i>

Presentation / instructor
The instructor was very clear with her message, and used great tools to help us understand - <i>Flight Operations</i> Very well presented: concise and relevant - <i>Flight Operations</i>

Use of tools / data / written materials
The workshop was highly informative and professionally presented, with the handout book an absolute plus - <i>Cabin Crew</i> Clear communication. Videos used and quite funny too! - <i>Cabin Services</i>

Relevance
As pilots, fatigue is becoming part of life. From this workshop we know how to manage it properly - <i>Pilot</i> Very relevant to work and its environment and also to our families - <i>Cabin Services</i>

Attitude Change
It will enable me to be more honest about any effects of fatigue and my work - <i>Flight Operations</i> Implementing this training will assist me to be less moody, and be more aware of how to handle and manage fatigue - <i>Cabin Services</i>

How will the knowledge and skills gained assist you in your position/function?

Improved work performance

It will help my functional performance and my ability to be prepared, especially during a night shift where my alertness levels are very low - *Flight Attendant*

It will help us manage fatigue and be more productive at work - *Engineering*

Preventing incidents / improving safety

My goal is to be more proactive in managing fatigue for a safer flight deck environment - *Flight Operations*

Has created great awareness, and will help us to put controls in place - *Flight Operations*

Improved relationships

This training has encouraged me to try and improve my sleeping habits, food selection, water intake, and relationships - *Flight Operations*

This will help me to improve my effectiveness at work and at home. My relationships will be improved by better communication - *Cabin Services*

Understanding the importance of sleep

It will assist me in improving the quality of my sleep and therefore improve my work productivity - *Cabin Services*

It will help me to cope with fatigue, especially my dietary intake and understanding of how sleep and rest are very important - *Cabin Services*

Better organisation / time management / improved work-life balance

It will assist me in managing my time and balancing work, family and home - *Engineering*

I'm going to try to get more sleep and be more work, family and socially oriented, attaining a better balance in life. Will also improve my health standards by doing more exercise and eating healthier foods - *Flight Operations*

Improved health and nutrition

This helps a lot with the type of food and drink I can consume to help during night shifts - *Engineering*

This training will help me to prepare myself well before a duty in terms of good rest, physical exercise and eating healthy - *Cabin Services*

Sharing of knowledge / better teamwork

I will now provide awareness to others at work, home, church and especially family!!! - *Flight Operations*

I'm going to try for better time management and eating habits, and to communicate more and encourage each other - *Cabin Services*

Proactive engagement in managing fatigue

Now I will acknowledge more when fatigue is an issue in my life and in my performance. It has educated me to manage it more proactively - *Traffic*

Going to take full responsibility for my part in minimising fatigue for myself e.g. my diet, exercise and getting enough sleep - *Cabin Crew*