



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) What is Fatigue?
- b) Consider the Following Story
- c) Standards
- d) Why Training

2) General Knowledge

- a) There are Multiple Kinds of Fatigue
- b) Physical Exhaustion
- c) Mental Exhaustion
- d) Emotional Exhaustion
- e) Burnout
- f) Causes
- g) Malnutrition
- h) Emotional Health
- i) Weather: Heat & Cold
- j) First Responders
- k) Shift Workers
- l) Serious Issues
- m) Insomnia
- n) Sleep Debt
- o) Drowsy Driving
- p) Medical Illnesses Causing Fatigue
- q) The Dangers of Unmanaged Fatigue
- r) Creating a Safe Work Environment
- s) Case Study

3) Prevention

- a) Common Signs & Symptoms
- b) Preventative Measures
- c) Have a Normal Sleep Schedule
- d) Your Body Clock



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- e) Napping
- f) Proper Diet
- g) Exercise
- h) Hydration
- i) Stress Management
- j) Preventing Accidents
- k) What Can Employers Do?
- l) Case Study
- m) Case Study

4) Treatment

- a) Exercise & Hydration
- b) Muscle Strain
- c) Treating Insomnia
- d) Fatigue of Shift & Night Workers
- e) Seeking Professional Help
- f) Case Study
- g) Case Study

5) Fatigue Risk Management Plan

- a) Monitoring
- b) Monitor Fitness for Duty
- c) Shift System
- d) Mitigation
- e) Education & Training
- f) Constructing the FRMP
- g) Case Study

6) Conclusion