

# Online Fatigue Management for Employee Awareness for All Industries

## Intended Audience

This course is intended for members of any industry that may be affected by fatigue, including the following fields and positions:

- Construction
- General industry
- Manufacturing
- Warehousing
- Training supervisors or managers
- Facility managers

If you have any concerns as to whether this course is appropriate for you or your industry, please contact us.

## Learning Objectives

All too commonly, employees from all industries become fatigued on the job. Both physical and psychological factors can contribute to fatigue levels, including stress factors, muscle exertion, boredom, and more. With societal pressure to speed up, it has become easier than ever for workers, especially shift workers, to feel fatigued. When this happens, workplace accidents are also more likely to occur. In Fatigue Management for Employees Awareness for All Industries, course participants will receive effective fatigue management training to help keep themselves and their coworkers safe on the job.

NOTE: This course is based on the Occupational Safety and Health Act (OSHA) General Duty Clause, Section 5(a)(1), USACE EM-385-1-1, and industry best practices.

In this course, participants will gain a general awareness of fatigue and its workplace effects. Since shift workers, or those who work outside of the 9:00 a.m. to 5:00 p.m. workday, are most susceptible to fatigue, it is presented in the context of shift work. However, the strategies discussed are applicable across schedules of all kinds.

### Course Topics

- Causes of fatigue, such as stress factors, chronic fatigue syndrome, and sleep disorders like sleep apnea
- Effects of fatigue, including apathy, workplace accidents, and more
- Shift work and its relationship to fatigue
- OSHA fatigue policy
- Effective coping strategies

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