

Fatigue Management Workshop

Description:

Fatigue in the workplace causes problems!! Accidents are happening due to fatigue and workers are experiencing low job satisfaction, low productivity and a lack of positivity in the workplace. This is preventable. Give your workplace a boost of energy with a Fatigue Management Workshop and find real solutions as a team!

This workshop changes lives and helps employers in their efforts to build a stronger workplace. It is interactive, and includes a workbook and handouts. Participants will walk away with a new awareness of Fatigue and Positive Solutions. They will also build their own personal plan to move them forward with the changes they would like to make.

We think it is important not to doze off while learning about Fatigue Management, so this workshop was created to be dynamic, interesting and full of activities. Be ready for a positive impact on your organization.

The Topics Covered Include:

**For more detail please contact us.*

- What is Fatigue?
- Fatigue is Impairment
- Safety Issues Caused by Fatigue
- Symptoms
- Causes
- Biological Clock/Circadian Rhythms
- Sleep
- Factors Affecting Fatigue
- The Drive Home
- Report Fatigue
- Solutions
- Action Plan

Benefits Can Include:

- Increased Productivity
- Decreased Absenteeism
- Boost in Recruitment Success
- Increased Job Satisfaction
- Healthier and Happier Employees
- Increased Success with Retention
- Better Teamwork and Communication
- Decreased Injuries
- Increased Profit
- Positive Effects on Work Culture
- Decreased Near Misses
- More Alert Workers
- A Safer Drive Home

Fatigue Management Half Day (3.5 hours)-

\$645.00 + \$12.75 per person for Workbook and Handouts

\$605.00 + \$12.75 per person for Workbook and Handouts (when booking two or more workshops)

GST will be added to the prices above.

Travel may be extra for these workshops if there are not any trainers in your location.

Ask about our custom made seminars if these options do not work for you perfectly.

Thank you very much for your interest in Vitalize Initiatives Inc!

www.vitalizeinitiatives.com

