

Fatigue Risk Management Solutions

Fatigue risk management education and awareness training for staff, employees & their families. Beyond Midnight Consulting supply face-to-face and online training solutions for everybody, without exception.

Fatigue Incident Investigation Tool

Face-to-face or online

This tool is being developed into an online program / application and will be licensed on an annual basis. Training is required before the client can use the tool. Clients can then use the tool as often as they like during their subscription period and obtain reports on level of fatigue involvement and apply mitigating controls to reduce the likelihood of similar incidents occurring in the future.

Fatigue Risk Assessment Tool

Face-to-face or online

This tool is being developed into an online program / application and will be licensed on an annual basis. This tool is the culmination of Australian State/Territory Codes of Practice & Guidance Notes.

The tool risk-assesses your workplace policies, procedures and practices and will recommend controls to put in place to manage fatigue risk. The controls can be copied into your organisation's templates to ensure you have full control over how recommended controls are implemented in your workplace.

Supervising Employee Fatigue

6 modules to utilise
All modules optional

Modules available

- 1 - Fatigue Compliance
- 2 - Rostering & Scheduling
- 3 - Communication
- 4 - Common Fit-For-Work Issues
- 5 - Employee Fatigue Risk Management
- 6 - Developing a Fit-For-Work Culture

Mental Health in the Workplace

5 modules - all recommended

Modules available

- 1 - Mental Health
- 2 - Common Types of Mental Illness
- 3 - Suicide Risk
- 4 - Self-Harming
- 5 - Workplace Assistance

Alcohol & Other Drugs in the Workplace (no optional mod-

Alcohol & Other Drugs includes:
Prevalence of use/abuse;
Short and long term effects, and
Dealing with AOD in the workplace.

Comprehensive Fatigue Risk Management Training


Module 1 is compulsory

Modules available

- 1 - The Science of Sleep
- 2 - Physical & Mental Health
- 3 - Office Work
- 4 - Local Commuting
- 5 - Children
- 6 - Shiftwork
- 7 - Heat & Hydration
- 8 - Construction, Production & Maintenance
- 9 - Road Transport
- 10 - Mining Operators
- 11- FIFO / DIDO Travel
- 12 - Offshore Oil & Gas
- 13- Emergency Services
- 14 - Health & Aged Care
- 15 - Forestry & Logging
- 16 - Maritime
- 17 - Rail
- 18 - Occupational Drivers
- 19 - Jet Lag & Time Zones
- 20 - Education
- 21 - Working Through Ramadan
- 22 - Driving Holidays



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Before Going to Bed					The Next Morning						
Please write what day of the week it is be- low.	How much physi- cal exercise over the day (including work activity if physical)	Medication taken	Alcohol –how many standard drinks?	Evening meal. Which did you have?	In the 2 hours be- fore going to bed (list activities, e.g. TV, computer)	What time did you go to bed?	How long did it take to get to sleep (approx)?	What time did you wake up in the morn- ing and was it with an alarm?	Did you wake up through the night? How many times and for how long?	Do you re- member any dreams and how would you describe them?	How did you feel when you woke up?
Day 1	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 2	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 3	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 4	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 5	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 6	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great
Day 7	< 30 mins 30 – 60 mins > 60 mins		Type How many	Low fat/carb Med fat/carb High fat/carb							Sluggish A bit tired Fresh Great