

## About this Course

One of the largest risk factors that employees face from non-traditional work schedules is fatigue. Fatigue can lead to several hazardous conditions within the workplace and greatly affect an employee's behaviour.

Research has shown that workers involved in shift work and non-traditional schedules are nearly twice as likely to be injured while at work compared to those who work regular or day shifts.

In this training module, we'll show you how to avoid and manage fatigue. The average student will require approximately 20 minutes to complete both the course and quiz.



## Course Outline

- Course Overview
- Effects of Fatigue
- Sleep
- Health & Nutrition
- Preventative Measures
- Mastery Quiz (80% to pass)

## Verification Techniques Employed

- ✓ **Identity:** Unique usernames and passwords.
- ✓ **Security:** Bank-level encryption.
- ✓ **Question Bank:** Every quiz attempt includes a unique combination of questions pulled from a large pool.
- ✓ **Certificate Verification:** Certificates contain a verification code that can be checked on MyOTF.com.