



BFM Basic Fatigue Management for Drivers

(TLIF0005 - Apply a Fatigue Risk Management System)

Required for National Heavy Vehicle Regulator (NHVR) Fatigue Management Accreditation

Course Overview

This unit of competency involves the skills and knowledge required for heavy vehicle drivers to manage fatigue and to work safely within the Transport and Logistics industry.

It includes applying fatigue risk management strategies, identifying and acting on signs of fatigue, operating within a fatigue risk management system, planning and navigating trips, updating and maintaining records, complying with work and rest limits, and implementing appropriate strategies to minimise fatigue during work activities.

Course Structure and Outcome

- Identify and manage fatigue risk in the road transport sector
- Operate within a road transport fatigue risk management system
- Plan and navigate a heavy vehicle trip
- Comply with work and rest hours
- Update and maintain records

On successful completion of this course students will be issued with a statement of attainment.

Course Prerequisites

- ability to use and understand English
- online course require access to a computer

Methods of Training and Assessment may include

- Blended delivery classroom, online and practical
- Questioning
- Observation & Demonstration
- Portfolio & projects



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Course Duration

- 5 – 6 hours

Course Intake Dates (Note minimum class sizes apply)

- Rolling intakes
- Course can be undertaken on online
- Course can be delivered on-site



Course Venue

Natwide Training Centre
17 White Road
Gepps Cross SA 5094

Course Investment

- \$200.00 - online
- \$250.00 – on-site

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