



## 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 Assessment may include

- Questioning
- Observation
- Demonstration
- Portfolio
- Practical assessment
- Verbal and written assessment
- Online assessment

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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  
126 Churchill Road North  
Dry Creek SA 5094

### Course Investment

- \$170.00 - on-site
- \$170.00 - online



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