



HEALTH, SAFETY AND SECURITY TRAINING

Fatigue Risk Management for Shift Operations

2 day course

Classroom, online or in-house

Course overview

Fatigue degrades judgement in the way alcohol does and is treated as a personal failing rather than an operational hazard, despite being produced by rosters the organisation designed. This course treats it as a hazard to be managed. Delegates work through sleep, circadian rhythm and why a night shift worker does not adapt as often assumed, roster design and the features that accumulate fatigue including rapid rotation, long runs and short breaks between shifts, and commuting, which is where many fatigue fatalities actually occur. Workload and task timing are covered, since some work should not be scheduled at four in the morning. Fatigue reporting and self assessment tools follow, along with a culture where reporting is safe. The course closes on incident investigation and on measuring the programme.

What you will learn

- Explain sleep, circadian rhythm and the limits of night shift adaptation
- Assess a roster for the features that accumulate fatigue
- Address commuting risk after a shift
- Schedule demanding tasks away from the worst hours
- Implement fatigue reporting and self assessment tools
- Build a culture where reporting fatigue is safe
- Investigate fatigue in incidents and measure the programme

Who should attend

- HSE and occupational health practitioners
- Shift supervisors and rostering staff
- Human resources staff designing shift patterns
- Operations managers on continuous plant
- Transport and mining operations personnel

Course outline

- 01 A rostering decision, not a personal failing
- 02 Sleep and circadian rhythm
- 03 Night shift and the limits of adaptation
- 04 Roster features that accumulate fatigue
- 05 Commuting after shift
- 06 Workload and task timing
- 07 Reporting and self assessment tools
- 08 Investigation, culture and measurement

Upcoming dates

Dates	Venue	Format	Fee per delegate
2 to 3 November 2026	Windhoek, Namibia	Classroom	R11,950
29 to 30 December 2026	Lagos, Nigeria	Classroom	USD 795
1 to 2 March 2027	Online	Online	R6,500



Fees and how to register

This 2 day course is **R6,500** per delegate online, **R11,950** in the classroom in South Africa, Botswana, Namibia, Lesotho and Eswatini, and **USD 795** in the classroom elsewhere in Africa. In-house training is quotation on request. Book 2 or more delegates on this course and save 10%.

To register or request an in-house proposal, visit www.afrisciencegroup.com, email info@afriScience.co.za, or WhatsApp us on **+27 63 479 1136**.

AfriScience Group | +27 61 536 6531 | info@afriScience.co.za | Pretoria, Gauteng, South Africa