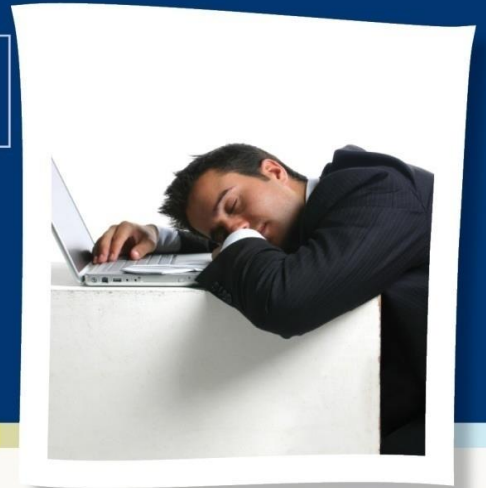


FATIGUE MANAGEMENT PROGRAM



Rotating rosters, longer workers hours, lengthy commuting time and poor quality sleep can all lead to fatigue and poor performance in the workplace!



'Energy Boost' is an energy, nutrition and safety program designed for shift workers. There are many lifestyle triggers of fatigue and individuals can take action to reduce their risk and/ or severity of fatigue. Taught by qualified health professionals using concepts that your staff can relate to, the 'Energy Boost Program' incorporates many practical, interactive activities in an enjoyable group setting.



What is the program all about?

- Minimising fatigue through healthy habits and good work life balance
- Individual behaviour change and proactive approach to risk reduction
- Understanding what you can do for yourself to reduce the severity of fatigue
- Assistance can also be given to companies around policy change in area of fatigue management

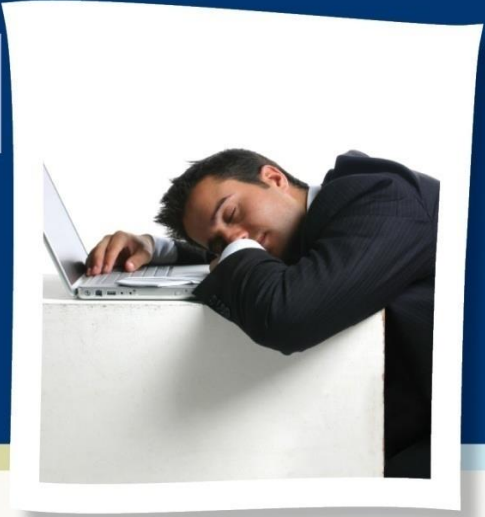


How does the program run?

- Ideally the program is delivered over a 6 week period
- Each session builds upon one key theme with specific goals to implement week to week
- The program can be combined into two half day workshops should the site wish
- The company receives a report on the effectiveness of the program as well as recommendations for the future



FATIGUE MANAGEMENT PROGRAM



Program Structure

Program Start	Fatigue & Lifestyle Questionnaire
Workshop 1 Fighting Fatigue	<ul style="list-style-type: none"> ✓ Causes of fatigue & how it affects us ✓ Fatigue & Safety ✓ Driver Fatigue ✓ The 4 cornerstones to good fatigue management
Workshop 2 Nutrition for Shift workers	<ul style="list-style-type: none"> ✓ Diet & Fatigue - The Basics ✓ Foods for pre & post shift including snacking ✓ Fibre
Workshop 3 Energy Boost	<ul style="list-style-type: none"> ✓ Meal timing & pattern ✓ The Glycemic Index ✓ Hydration, Caffeine & Alcohol
Workshop 4 Get up, Get Active	<ul style="list-style-type: none"> ✓ Exercise & Fatigue ✓ Incorporating all types of exercise ✓ Planning your activity around shift work
Workshop 5 Sleep Like a Baby	<ul style="list-style-type: none"> ✓ Understanding sleep and the sleep cycle ✓ Sleep quality and quantity ✓ How to improve your sleep
Workshop 6 Work/Life	<ul style="list-style-type: none"> ✓ Managing the stresses of daily life ✓ Communication at work and play ✓ Rest, relaxation and rejuvenation
Program End	✓ Fatigue and Lifestyle Questionnaire

