



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Fatigue Management in the Workplace

Health Sciences and Social Services / Preventive Health

Unit Standard 259621 · NQF Level 2 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to identify, assess, and manage fatigue risks in the workplace. It focuses on implementing preventive measures and fostering a safety culture to reduce incidents related to fatigue. By the end, participants will be able to develop and maintain a fatigue management plan tailored to their organisational context.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	259621
Accreditation	SAQA Accredited · NQF Level 2 · 3 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Explain the causes and consequences of fatigue in the workplace.
- Apply fatigue risk assessment tools to identify high-risk tasks and work schedules.
- Implement control measures to prevent and manage fatigue.
- Evaluate the effectiveness of a fatigue management plan.
- Demonstrate the ability to conduct fatigue awareness training for colleagues.

WHO SHOULD ATTEND

- This course is designed for managers, supervisors, health and safety representatives, and any employee responsible for workplace safety.
- It is also suitable for shift workers and those in high-risk industries such as transport, mining, and manufacturing.

COURSE OUTLINE

Day 1: Foundations of Fatigue Management

- Definition and types of fatigue (physical, mental, shift-related)
- Causes of fatigue: sleep deprivation, workload, environmental factors
- Effects of fatigue on safety, health, and performance
- Legal framework: OHS Act, Sectoral Determination 9, and company policies
- Fatigue risk management hierarchy of controls
- Individual and organisational responsibilities
- Shift work and roster design considerations
- Fatigue reporting and support mechanisms

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **3 NQF credits** at **NQF Level 2**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
10 Aug 2026	10 Aug 2026	On-Campus	Pretoria, South Africa
11 Aug 2026	11 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Mauritius
13 Aug 2026	13 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Abu Dhabi, UAE
18 Aug 2026	18 Aug 2026	On-Campus	Durban, South Africa

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 259621) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call +27 12 004 8389 or WhatsApp +27 65 077 6310 and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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