



Accredited Africa Training Institute for Capacity Development

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

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COURSE BROCHURE

Workplace Fatigue Prevention Facilitation

Health Sciences and Social Services / Preventive Health

Unit Standard 260480 · NQF Level 2 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the competencies to facilitate fatigue prevention strategies in the workplace. Participants will understand the causes and consequences of fatigue, and learn to implement proactive measures to mitigate risks, ensuring a safer and more productive work environment.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260480
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

- Demonstrate understanding of fatigue, its causes, and its effects on workplace safety and performance.
- Analyze workplace factors that contribute to fatigue and assess associated risks.
- Implement fatigue prevention strategies and controls in line with relevant legislation and organizational policies.
- Facilitate awareness and training sessions on fatigue management for employees.
- Evaluate the effectiveness of fatigue prevention measures and recommend improvements.

WHO SHOULD ATTEND

- This course is designed for health and safety representatives, team leaders, supervisors, and managers responsible for workplace well-being and operational safety.

COURSE OUTLINE

Day 1: Understanding and Managing Workplace Fatigue

- Introduction to workplace fatigue: definitions, symptoms, and consequences
- Causes of fatigue: sleep deprivation, shift work, workload, environmental factors
- Legal framework: Occupational Health and Safety Act, relevant regulations, and SAQA unit standard requirements
- Fatigue risk assessment tools and techniques
- Fatigue management strategies: scheduling, breaks, education, and monitoring
- Role of individuals, supervisors, and organizations in fatigue prevention
- Case studies: real-world examples of fatigue-related incidents
- Developing a fatigue prevention plan

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
10 Aug 2026	10 Aug 2026	On-Campus	Mauritius
12 Aug 2026	12 Aug 2026	On-Campus	Abu Dhabi, UAE
12 Aug 2026	12 Aug 2026	On-Campus	Cape Town, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Durban, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Dubai, UAE
17 Aug 2026	17 Aug 2026	On-Campus	Harare, Zimbabwe
17 Aug 2026	17 Aug 2026	On-Campus	Abu Dhabi, UAE

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 260480) 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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