



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 Management Explained

Health Sciences and Social Services / Preventive Health

Unit Standard 260577 · NQF Level 3 · 3 Credits · 1 Day

COURSE OVERVIEW

This course equips learners with the knowledge and skills to identify, assess, and manage fatigue in the workplace. It covers the causes and consequences of fatigue, legal responsibilities, and practical strategies to mitigate risks and promote employee well-being. By the end, participants will be able to implement effective fatigue management plans aligned with South African health and safety regulations.

Category	Health Sciences and Social Services
Subfield	Preventive Health
Unit Standard	260577
Accreditation	SAQA Accredited · NQF Level 3 · 3 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Explain the concept of fatigue and its impact on workplace health and safety.
- Identify the causes and contributing factors of fatigue in the workplace.
- Apply relevant legislation and organisational policies to manage fatigue risks.
- Evaluate fatigue risk assessment tools and techniques.
- Implement control measures to prevent and manage fatigue.
- Demonstrate effective communication strategies to promote fatigue awareness.

WHO SHOULD ATTEND

- This course is designed for health and safety officers, supervisors, managers, and any employees responsible for workplace safety.
- It is also suitable for shift workers and those in industries with high fatigue risks, such as transport, mining, and manufacturing.

COURSE OUTLINE

Day 1: Foundations of Fatigue Management

- What is fatigue? Types and causes
- Effects of fatigue on cognitive and physical performance
- Legal framework: OHS Act, sector-specific regulations
- Fatigue risk assessment tools and techniques
- Shift work, sleep hygiene, and lifestyle factors
- Employer and employee responsibilities
- Fatigue reporting and incident investigation
- Introduction to a fatigue management 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 3**.

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	Abu Dhabi, UAE
10 Aug 2026	10 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Durban, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
14 Aug 2026	14 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Mauritius
17 Aug 2026	17 Aug 2026	On-Campus	Durban, South Africa
17 Aug 2026	17 Aug 2026	On-Campus	Dubai, 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 260577) 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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