

## FATIGUE RISK & SHIFT WORK MANAGEMENT

*“Mitigating Fatigue Risks to Enhance Worker Safety and Productivity”*

### Schedule

Date	Venue	Fees
12 - 13 Aug 2026	Manama, Bahrain	USD 1995 per delegate

► **Available delivery methods:** Face-to-Face & Online Training

### Introduction

Fatigue is a significant factor affecting workers’ safety, productivity, and well-being, particularly in industries that operate with shift work. This course provides insights into fatigue risk management strategies and the best practices for managing shift work. It covers scientific principles related to fatigue, the effects of shift work on performance, and practical approaches to mitigating these risks.

The program emphasizes developing a holistic approach to fatigue management that integrates policies, worker education, and operational strategies, ensuring both the physical and mental well-being of employees working under shift patterns.

### Objectives

By the end of this course, participants will be able to:

- Understand the science of fatigue and its impact on health and performance.
- Develop and implement fatigue risk management systems tailored to shift work operations.
- Create strategies to optimize shift schedules and reduce fatigue-related risks.
- Recognize the signs of fatigue in workers and take preventative actions.
- Assess and manage the impact of fatigue on safety-critical tasks.

## Why Attend

- Gain a comprehensive understanding of fatigue risk and its implications for safety.
- Learn how to apply shift work management strategies to reduce risks associated with fatigue.
- Understand regulatory requirements and industry best practices for fatigue management.
- Improve worker performance, safety, and well-being in shift-based work environments.
- Network with industry peers and share experiences in managing fatigue-related challenges.

## Target Audience

This program is designed for:

- Safety managers and professionals responsible for managing shift work operations.
- Human resources and operational managers in industries with shift work patterns.
- Health and safety officers concerned with employee well-being and performance.
- Anyone responsible for implementing or overseeing fatigue management systems in the workplace.

## Individual Benefits

Key competencies that will be developed include:

- Understanding the physical and mental effects of fatigue.
- The ability to design shift schedules that minimize fatigue risks.
- Skills in identifying and mitigating fatigue-related issues in the workplace.
- Proficiency in establishing a fatigue risk management culture in the organization.
- Improved decision-making and problem-solving in shift work scenarios.

## Organizational Benefits

Upon completing the training course, participants will demonstrate:

- Improved ability to manage and reduce fatigue-related risks in shift work settings.
- Enhanced capability to optimize shift work schedules for maximum worker safety and performance.
- Better compliance with safety regulations regarding fatigue management.
- Increased worker productivity and reduced absenteeism due to fatigue.
- A stronger organizational focus on the health and well-being of shift workers.

## Instructional Methodology

The course follows a blended learning approach combining theory with practice:

- Interactive Lectures – Introduction to fatigue science, risk factors, and management strategies.
- Group Discussions – Exchange ideas on common fatigue-related challenges in shift work.
- Case Studies – Real-world examples of successful fatigue risk management systems.
- Workshops – Hands-on sessions to design fatigue risk management plans and shift schedules.
- Tools and Templates – Providing practical tools for assessing and managing fatigue risks.

## Course Outline

### Detailed 2-Day Course Outline

**Training Hours:** 7:30 AM – 3:30 PM **Daily Format:** 3–4 Learning Modules | Coffee breaks: 09:30 & 11:15 | Lunch Buffet: 01:00 – 02:00

#### Day 1: Introduction to Fatigue Risk and Shift Work Management

- Module 1: Understanding Fatigue and Its Impact on Health and Performance (07:30 – 09:30)
  - Overview of fatigue and its physiological effects on workers.
  - The impact of fatigue on cognitive function, decision-making, and productivity.
  - Identifying signs and symptoms of fatigue in employees.
- Module 2: Shift Work and Its Effect on Fatigue (09:45 – 11:15)
  - The challenges of shift work and its impact on circadian rhythms.
  - Managing sleep cycles and the effect of long shifts on worker performance.
  - Case study: Analyzing the impact of shift work on employee health and safety.
- Module 3: Fatigue Risk Management Systems (01:00 – 03:30)
  - Principles of a fatigue risk management system (FRMS).
  - Best practices for implementing a successful FRMS in shift-based environments.
  - Workshop: Creating a basic fatigue risk management plan for a shift work operation.

#### Day 2: Fatigue Management Strategies and Practical Application

- Module 1: Optimizing Shift Schedules (07:30 – 09:30)
  - Designing shift schedules to minimize fatigue and maximize productivity.
  - The role of rest periods, rotation, and recovery time in managing fatigue.
  - Group exercise: Designing an optimized shift schedule for a case study.
- Module 2: Fatigue Detection and Prevention Strategies (09:45 – 11:15)
  - Techniques for identifying fatigue early and intervening appropriately.
  - Strategies for educating employees on fatigue and risk management.
  - Real-world examples of fatigue detection methods and technologies.
- Module 3: Implementing Fatigue Management in Your Organization (01:00 – 03:30)
  - Steps to integrate fatigue risk management into organizational policies.
  - Overcoming common barriers to effective fatigue management.
  - Final workshop: Developing a comprehensive fatigue risk management plan.

## Certification

Participants will receive a Certificate of Completion in Fatigue Risk & Shift Work Management, validating their expertise in managing fatigue risks in shift work environments and implementing effective fatigue risk management systems.

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