

**JMDR**

## Information Sheet TLIF2010



### Apply fatigue management strategies

The aim of this program is to equip participants with the required skills and knowledge to apply fatigue management strategies for effective safe behaviours in rail work.

It includes identifying and acting on signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities .

This is a national unit of competency developed to meet the applicable work health and safety requirements including acts and regulations from the applicable state or territory together with any nationally approved compliance codes and/or guidelines.

JMDR are Registered Training Organisation (RTO 45417) with alignment to the rail industry.

#### Learning Outcomes:

On successful completion of training participants will gain an understanding of:

- causes and effects of fatigue on workers
- factors that increase fatigue-related accidents
- how fatigue affects workplace performance
- how fatigue contributes to workplace accidents
- lifestyles that promote effective long-term fatigue management
- relevant fatigue management codes, regulations, permit and licence requirements
- relevant work health and safety (WHS)/occupational health and safety (OHS) regulations as they relate to fatigue
- risks and hazards created by workplace fatigue
- sources of information on fatigue
- strategies and ways of managing fatigue
- ways of recognising fatigue
- workplace policies and procedures related to fatigue management and the control of factors that can contribute to fatigue and fatigue-related accidents.

TLIF2080 is a unit of competency from **TLI21920 - Certificate II in Track Protection**.

To receive a Statement of Attainment for **TLIF2010 Apply fatigue management strategies**, attendees must pass a written and verbal theory and practical assessment.

**Location:** The training is conducted at our training rooms in the Sydney CBD; at Level 3, 263 Clarence St, Sydney, NSW 2000.

**We are close to Town Hall Train station.**

**Schedule:** Nominated Weekdays at 730 am (availability and/or other times/days confirmed upon application)

### **Requirement for attending Training:**

Learners will be required to display adequate core skills of being able to learn, read, write, and take part in oral communication and numeracy.

To attend training, you must:

- Provide a USI (Unique Student Identifier). Ref: [usi.gov.au](http://usi.gov.au)
- Have confirmed enrolment details and paid the course fee

### **Contact:**

**JMD Railtech Group**  
Level 10, 51 Druitt St  
Sydney NSW 2000

Ph: 1300 695 637  
Email: [training@jmdr.com](mailto:training@jmdr.com)  
Website: <https://jmdr.com/jmdr-training>

**Training** includes face to face learning, demonstration, and discussion, and is delivered using TfNSW courseware and in accordance with TfNSW requirements.

### **Assessment**

Learning and assessment activities will be conducted by our trainer/assessor using a range of evidence gathering techniques throughout the course, including written and practical demonstrations. You must pass the theory and practical assessment to receive a Statement of Attainment for the nationally endorsed competency, **TLIF2010 Apply fatigue management strategies**.

### **Fees and Enrolment:**

The course fee is **\$230**, which includes workbook and assessment material.

Participants must provide payment, a **completed enrolment form, agree to our terms and conditions and provide a valid USI number** before training commences.

Applicants can enrol online by clicking on the Book Now link on the course homepage.

### **Course support available:**

Applicants can identify special circumstance / support required, by enquiry or by identifying in the enrolment form. If you have additional requirements or require more information, please contact our training reception who can assist or put you in touch with the person able to assist you further. For further information about services and assistance download the Student Handbook from our website or phone or visit our office.

Please report any injuries or any learning concerns to our personnel prior to training.

Please refer to the JMDR Student Handbook for details about our terms and conditions and support available.