

**SKILLS FRAMEWORK FOR PUBLIC TRANSPORT
TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT**

TSC Category	Workplace Safety and Health					
TSC	Health and Fatigue Risk Management					
TSC Description	Identify and manage risks associated with fatigue within the work environment to ensure all personnel are fit to perform assigned duties					
TSC Proficiency Description	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6
	PTP-WSH-1047-1.1	PTP-WSH-2047-1.1	PTP-WSH-3047-1.1	PTP-WSH-4047-1.1		
	Recognise signs of personal fatigue when performing duties in compliance with established fatigue management guidelines	Apply fatigue management techniques and act upon signs of fatigue when performing duties	Interpret fatigue management guidelines and educate staff on risk control measures	Manage risks associated with fatigue within the work environment to ensure staff are fit to perform duties		
Knowledge	<ul style="list-style-type: none"> Factors that contribute to fatigue and fatigue-related accidents Types of risks and hazards created by fatigue in the workplace Causes and effects of fatigue on staff Relevant regulations and requirements related to fatigue management Workplace Safety and Health guidelines – Fatigue Management 	<ul style="list-style-type: none"> Sources of information on fatigue Factors that contribute to fatigue and fatigue-related accidents Types of risks and hazards created by fatigue in the workplace Causes and effects of fatigue on staff Relevant regulations and requirements related to fatigue management Workplace Safety and Health guidelines – Fatigue Management 	<ul style="list-style-type: none"> Workplace policies and procedures related to fatigue management Sources of information on fatigue Ways of recognising fatigue Fatigue management signs, symptoms and strategies Fatigue risk management principles Programmes to assist personnel to assess levels of fatigue and evaluate fitness for work 	<ul style="list-style-type: none"> Principles of fatigue risk management Workplace policies and procedures related to fatigue management Fatigue management signs, symptoms and strategies Consequences of non-compliance and failure to manage fatigue within the chain of responsibility Methods to conduct periodic audits on workplace policies and procedures related to fatigue management Processes for assessing fatigue risk management competence Programmes for assisting personnel to assess levels of fatigue and evaluate fitness for work Workplace Safety and Health (WSH) - Risk Management Regulations 		
Abilities	<ul style="list-style-type: none"> Maintain awareness and alertness of personal workplace health and safety 	<ul style="list-style-type: none"> Apply fatigue management techniques in the workplace depending on differing 	<ul style="list-style-type: none"> Monitor operational activities are compliant with fatigue management regulations and policy 	<ul style="list-style-type: none"> Communicate and drive implementation of the organisation fatigue risk management systems 		

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	<ul style="list-style-type: none"> • Apply precautions and required actions to manage fatigue when carrying out own work functions • Utilise fatigue management practices to detect personal fatigue risks • Seek assistance and guidance from co-workers and supervisor in dealing with personal fatigue risks 	<p>work contexts, risk situations and environments</p> <ul style="list-style-type: none"> • Recognise symptoms of fatigue in others and take appropriate actions in accordance with fatigue management regulations and workplace procedures • Collaborate with others to manage and minimise the effects of fatigue during work activities • Participate in identifying and meeting personal learning needs on matters related to fatigue management 	<ul style="list-style-type: none"> • Provide feedback to inform staff about compliance matters when applying the fatigue management initiatives in the workplace • Recognise instances of non-compliance with fatigue management strategies and regulations • Report non-compliance of fatigue management strategies and regulations • Assist in facilitation of training programmes on the fatigue risk management system 	<ul style="list-style-type: none"> • Conduct training on the fatigue risk management system • Recognise non-compliance and lapses in fatigue risk management strategies • Implement corrective measures on non-compliance of fatigue management regulations • Develop individual learning plans on WSH and fatigue management • Support staff to manage and learn about personal WSH • Organise audits and reviews of organisation's fatigue risk management system 		
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