



OCHS13022 *Management of Fatigue Risk*

Term 2 - 2018

Profile information current as at 30/04/2024 02:28 am

All details in this unit profile for OCHS13022 have been officially approved by CQUUniversity and represent a learning partnership between the University and you (our student). The information will not be changed unless absolutely necessary and any change will be clearly indicated by an approved correction included in the profile.

General Information

Overview

Management of Fatigue Risk explores the physiological and psychosocial aspects of shiftwork with the goal of providing guidance for the management of the individual, organisational and community risks. Topics include the biological and psychological impacts of non-standard work hours, the contribution of work and non-work related factors to fatigue-related risk, and the regulatory environment surrounding the management of fatigue-related risk.

Details

Career Level: *Undergraduate*

Unit Level: *Level 3*

Credit Points: 6

Student Contribution Band: 8

Fraction of Full-Time Student Load: 0.125

Pre-requisites or Co-requisites

There are no requisites for this unit.

Important note: Students enrolled in a subsequent unit who failed their pre-requisite unit, should drop the subsequent unit before the census date or within 10 working days of Fail grade notification. Students who do not drop the unit in this timeframe cannot later drop the unit without academic and financial liability. See details in the [Assessment Policy and Procedure \(Higher Education Coursework\)](#).

Offerings For Term 2 - 2018

- Distance

Attendance Requirements

All on-campus students are expected to attend scheduled classes - in some units, these classes are identified as a mandatory (pass/fail) component and attendance is compulsory. International students, on a student visa, must maintain a full time study load and meet both attendance and academic progress requirements in each study period (satisfactory attendance for International students is defined as maintaining at least an 80% attendance record).

Website

[This unit has a website, within the Moodle system, which is available two weeks before the start of term. It is important that you visit your Moodle site throughout the term. Please visit Moodle for more information.](#)

Class and Assessment Overview

Recommended Student Time Commitment

Each 6-credit Undergraduate unit at CQUniversity requires an overall time commitment of an average of 12.5 hours of study per week, making a total of 150 hours for the unit.

Class Timetable

[Regional Campuses](#)

Bundaberg, Cairns, Emerald, Gladstone, Mackay, Rockhampton, Townsville

[Metropolitan Campuses](#)

Adelaide, Brisbane, Melbourne, Perth, Sydney

Assessment Overview

1. **Written Assessment**

Weighting: 50%

2. **Written Assessment**

Weighting: 50%

Assessment Grading

This is a graded unit: your overall grade will be calculated from the marks or grades for each assessment task, based on the relative weightings shown in the table above. You must obtain an overall mark for the unit of at least 50%, or an overall grade of 'pass' in order to pass the unit. If any 'pass/fail' tasks are shown in the table above they must also be completed successfully ('pass' grade). You must also meet any minimum mark requirements specified for a particular assessment task, as detailed in the 'assessment task' section (note that in some instances, the minimum mark for a task may be greater than 50%). Consult the [University's Grades and Results Policy](#) for more details of interim results and final grades.

CQUniversity Policies

All University policies are available on the [CQUniversity Policy site](#).

You may wish to view these policies:

- Grades and Results Policy
- Assessment Policy and Procedure (Higher Education Coursework)
- Review of Grade Procedure
- Student Academic Integrity Policy and Procedure
- Monitoring Academic Progress (MAP) Policy and Procedure – Domestic Students
- Monitoring Academic Progress (MAP) Policy and Procedure – International Students
- Student Refund and Credit Balance Policy and Procedure
- Student Feedback – Compliments and Complaints Policy and Procedure
- Information and Communications Technology Acceptable Use Policy and Procedure

This list is not an exhaustive list of all University policies. The full list of University policies are available on the [CQUniversity Policy site](#).

Previous Student Feedback

Feedback, Recommendations and Responses

Every unit is reviewed for enhancement each year. At the most recent review, the following staff and student feedback items were identified and recommendations were made.

Feedback from Have Your Say survey

Feedback

Students found the assessments interesting and engaging, but advised that more detail could be provided on how to approach some parts of the assessment.

Recommendation

Additional exemplars will be provided in future offerings to further enhance student learning.

Unit Learning Outcomes

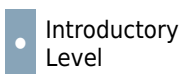
On successful completion of this unit, you will be able to:

1. Explain the physiological and psychological consequences of fatigue.
2. Assess fatigue-related risks associated with different working time arrangements and tasks.
3. Analyse how working time arrangements mediate fatigue-related risk.
4. Critique the regulatory environment surrounding the management of fatigue-related risk.
5. Design appropriate fatigue risk management systems.

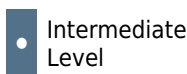
Alignment of Learning Outcomes, Assessment and Graduate Attributes



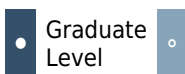
N/A
Level



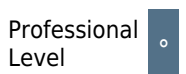
Introductory
Level



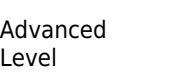
Intermediate
Level



Graduate
Level



Professional
Level



Advanced
Level

Alignment of Assessment Tasks to Learning Outcomes

Assessment Tasks	Learning Outcomes				
	1	2	3	4	5
1 - Written Assessment - 50%	•	•	•		
2 - Written Assessment - 50%		•	•	•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
1 - Communication	•			•	•
2 - Problem Solving		•	•	•	•
3 - Critical Thinking	•	•	•	•	•
4 - Information Literacy	•	•	•	•	

Graduate Attributes	Learning Outcomes				
	1	2	3	4	5
5 - Team Work			•		•
6 - Information Technology Competence		•	•	•	•
7 - Cross Cultural Competence					•
8 - Ethical practice			•	•	•
9 - Social Innovation					
10 - Aboriginal and Torres Strait Islander Cultures					

Alignment of Assessment Tasks to Graduate Attributes

Assessment Tasks	Graduate Attributes									
	1	2	3	4	5	6	7	8	9	10
1 - Written Assessment - 50%	•	•	•	•		•		•		
2 - Written Assessment - 50%	•	•	•	•	•	•	•	•		

Textbooks and Resources

Textbooks

There are no required textbooks.

Additional Textbook Information

There is no set textbook for this course. The reading material will be taken from the books and journal articles, most of which will be available through Moodle.

IT Resources

You will need access to the following IT resources:

- CQUniversity Student Email
- Internet
- Unit Website (Moodle)

Referencing Style

All submissions for this unit must use the referencing style: [Harvard \(author-date\)](#)

For further information, see the Assessment Tasks.

Teaching Contacts

Drew Dawson Unit Coordinator
drew.dawson@cqu.edu.au

Schedule

Week 1 - 09 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
WELCOME & INTRODUCTION Hello and welcome to the new 12-week course on Fatigue Risk Management. I'm the Director of the Appleton Institute in Adelaide, a multidisciplinary research hub and distance learning centre - also CQUniversity campus in South Australia. Our research covers many areas of applied psychology, social psychology, human factors and safety science and includes a strong focus (going back more than twenty years), on sleep, fatigue and performance.		

Week 2 - 16 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
WORKING HOURS AND APPROACHES TO FATIGUE RISK MANAGEMENT This week we will be starting off the course by talking about working hours and approaches to fatigue management, beginning by giving some background to how fatigue management in Australia developed beginning in the 1980s.		

Week 3 - 23 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Quantifying the Risk Associated with Fatigue This week we will look further into Fatigue Management by examining how Fatigue Risk can be measure and quantified.		

Week 4 - 30 Jul 2018

Module/Topic	Chapter	Events and Submissions/Topic
Examining the Effects of Fatigue This week we will be looking closer at examining the effects of fatigue.		

Week 5 - 06 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Legal and Political Contexts and Frameworks This week we will examine the legal and political contexts and frameworks in which Fatigue Risk Management has developed.		

Vacation Week - 13 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Week 6 - 20 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Defenses in Depth Approach
This week we will examine the defenses in depth approach to fatigue risk management. Many organisations focus too much on developing a small number of risk controls to safeguard workforce, equipment and efficiency. A multi-layered approach to fatigue risk management can be much more effective.

Week 7 - 27 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
Elements of a Fatigue Risk Management System This week we will look at how you go about building a Fatigue Risk Management System (FRMS). This is exactly your tasks for the course assessment, so this is a very important week for your course, but also for your experience and knowledge at work. In the future, you will be able to build your own FRMS and advise others using your experience.		

Week 8 - 03 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Level 1 Fatigue Risk Controls This week we will examine the first level of the Defenses in Depth Model, by looking at Level 1 Fatigue Risk Controls.		

Week 9 - 10 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Level 2 Fatigue Risk Controls This week we will cover the second level of the Defenses in Depth Model, looking at Level 2 Risk Controls. These include fitness for duty policies and models to examine sleep/wake.		

Week 10 - 17 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Level 3 Fatigue Risk Controls This week we will cover the 3rd level of the Defenses in Depth Model, looking at Level 3 Risk Controls. These include many physiological, behavioural and subjective measurements used to assess fatigue.		Develop a Fatigue Risk Management System Due: Week 10 Monday (17 Sept 2018) 9:00 am AEST

Week 11 - 24 Sep 2018

Module/Topic	Chapter	Events and Submissions/Topic
Level 4 Fatigue Risk Controls This week we will look at Level 4 Controls which are used to reduce Fatigue Likelihood and "Fatigue Proof" organisations. We will also take a look at some examples from several different industries.		

Week 12 - 01 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Level 5 Controls, Reflections and Implications

This week we will cover the last level of the Defenses in Depth model, level 5 risk controls. We will also look back on the course and reflect on its implications for your future FRMS experience.

Review/Exam Week - 08 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Review a Fatigue Risk Management System Due: Review/Exam Week Monday (8 Oct 2018) 9:00 am AEST

Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
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Assessment Tasks

1 Develop a Fatigue Risk Management System

Assessment Type

Written Assessment

Task Description

This is the main assessment for this unit. Your task is to build your own Fatigue Risk Management System for an existing or fictional business. You will need to use all of the discussions and unit materials to guide you through the important elements, and to develop a complete FRMS which provides protection for the business operations at the individual and organisational level. The FRMS will be reviewed by other students as part of the final assessment exercise.

Assessment Due Date

Week 10 Monday (17 Sept 2018) 9:00 am AEST

Return Date to Students

Week 11 Friday (28 Sept 2018)

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

Your submission will be assessed on the following criteria:

- Policy
- Training & Education
- Risk Assessment & Mitigation, levels 1, 2 & 3
- Monitor/ Review

Referencing Style

- [Harvard \(author-date\)](#)

Submission

Online

Learning Outcomes Assessed

- Explain the physiological and psychological consequences of fatigue.
- Assess fatigue-related risks associated with different working time arrangements and tasks.
- Analyse how working time arrangements mediate fatigue-related risk.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Information Technology Competence
- Ethical practice

2 Review a Fatigue Risk Management System

Assessment Type

Written Assessment

Task Description

For the final assessment for the Management of Fatigue Risk unit, you are required to review another student's FRMS as completed for the previous assessment. To do this you will need to read the FRMS and consider all of the strategies and policies used to reduce fatigue risk, and to assess whether they are adequate and whether others/additional ones would be more appropriate. You will provide a report on the FRMS to outline the strengths and weaknesses of the system, as well as suggestions for improvement in the short and long term.

Assessment Due Date

Review/Exam Week Monday (8 Oct 2018) 9:00 am AEST

Return Date to Students

Exam Week Friday (19 Oct 2018)

Weighting

50%

Minimum mark or grade

50%

Assessment Criteria

Your submission will be assessed on the following criteria:

- Policy
- Training & Education
- Risk Assessment & Mitigation, levels 1, 2 & 3
- Monitor/ Review

Referencing Style

- [Harvard \(author-date\)](#)

Submission

Online

Learning Outcomes Assessed

- Assess fatigue-related risks associated with different working time arrangements and tasks.
- Analyse how working time arrangements mediate fatigue-related risk.
- Critique the regulatory environment surrounding the management of fatigue-related risk.
- Design appropriate fatigue risk management systems.

Graduate Attributes

- Communication
- Problem Solving
- Critical Thinking
- Information Literacy
- Team Work
- Information Technology Competence
- Cross Cultural Competence
- Ethical practice

Academic Integrity Statement

As a CQUniversity student you are expected to act honestly in all aspects of your academic work.

Any assessable work undertaken or submitted for review or assessment must be your own work. Assessable work is any type of work you do to meet the assessment requirements in the unit, including draft work submitted for review and feedback and final work to be assessed.

When you use the ideas, words or data of others in your assessment, you must thoroughly and clearly acknowledge the source of this information by using the correct referencing style for your unit. Using others' work without proper acknowledgement may be considered a form of intellectual dishonesty.

Participating honestly, respectfully, responsibly, and fairly in your university study ensures the CQUniversity qualification you earn will be valued as a true indication of your individual academic achievement and will continue to receive the respect and recognition it deserves.

As a student, you are responsible for reading and following CQUniversity's policies, including the [Student Academic Integrity Policy and Procedure](#). This policy sets out CQUniversity's expectations of you to act with integrity, examples of academic integrity breaches to avoid, the processes used to address alleged breaches of academic integrity, and potential penalties.

What is a breach of academic integrity?

A breach of academic integrity includes but is not limited to plagiarism, self-plagiarism, collusion, cheating, contract cheating, and academic misconduct. The Student Academic Integrity Policy and Procedure defines what these terms mean and gives examples.

Why is academic integrity important?

A breach of academic integrity may result in one or more penalties, including suspension or even expulsion from the University. It can also have negative implications for student visas and future enrolment at CQUniversity or elsewhere. Students who engage in contract cheating also risk being blackmailed by contract cheating services.

Where can I get assistance?

For academic advice and guidance, the [Academic Learning Centre \(ALC\)](#) can support you in becoming confident in completing assessments with integrity and of high standard.

What can you do to act with integrity?



Be Honest

If your assessment task is done by someone else, it would be dishonest of you to claim it as your own



Seek Help

If you are not sure about how to cite or reference in essays, reports etc, then seek help from your lecturer, the library or the Academic Learning Centre (ALC)



Produce Original Work

Originality comes from your ability to read widely, think critically, and apply your gained knowledge to address a question or problem