



# OCHS13022 *Management of Fatigue Risk*

## Term 2 - 2020

Profile information current as at 24/04/2024 04:29 pm

All details in this unit profile for OCHS13022 have been officially approved by CQU University 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 - 2020

- Online

### 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.

##### Feedback

Suggestion to include emergency service themes as well.

##### Recommendation

Future lecture recordings will include emergency services content and discuss how fatigue risk management differs in these industries.

## 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



### 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.**

### 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](mailto:drew.dawson@cqu.edu.au)  
**Kevin Perry** Unit Coordinator  
[k.perry@cqu.edu.au](mailto:k.perry@cqu.edu.au)

## Schedule

### Week 1 - 13 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Welcome and introduction		

### Week 2 - 20 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Working hours and approaches to fatigue risk management		

### Week 3 - 27 Jul 2020

Module/Topic	Chapter	Events and Submissions/Topic
Quantifying the risk associated with fatigue		

### Week 4 - 03 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Examining the effects of fatigue		

### Week 5 - 10 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Legal and political contexts and frameworks		

### Vacation Week - 17 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic

### Week 6 - 24 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Defenses in depth approach		

### Week 7 - 31 Aug 2020

Module/Topic	Chapter	Events and Submissions/Topic
Elements of a fatigue risk management system		

### Week 8 - 07 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Level 1 fatigue risk controls		

### Week 9 - 14 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Level 2 fatigue risk controls		Develop your own Fatigue Risk Management System

### Week 10 - 21 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Level 3 fatigue risk controls		<b>Develop a Fatigue Risk Management System</b> Due: Week 10 Monday (21 Sept 2020) 9:00 am AEST

### Week 11 - 28 Sep 2020

Module/Topic	Chapter	Events and Submissions/Topic
Level 4 fatigue risk controls		

### Week 12 - 05 Oct 2020

Module/Topic	Chapter	Events and Submissions/Topic

Level 5 fatigue risk controls

**Review/Exam week - 12 Oct 2020**

Module/Topic	Chapter	Events and Submissions/Topic
		Fatigue Risk Management System Review
		<b>Review a Fatigue Risk Management System</b> Due: Review/Exam Week Monday (12 Oct 2020) 9:00 am AEST

**Exam week - 19 Oct 2020**

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**

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 course 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.

**Assessment Due Date**

Week 10 Monday (21 Sept 2020) 9:00 am AEST

**Return Date to Students**

Week 11 Friday (2 Oct 2020)

**Weighting**

50%

**Minimum mark or grade**

50% minimum grade required

**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

**Submission Instructions**

Submission Instructions Submitted online through Moodle.

**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

In the final assessment you are required to review several Fatigue Risk Management System's (FRMS). To do this you will need to read the uploaded FRMS assignments 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 2000-3000 word report on these FRMS's 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 (12 Oct 2020) 9:00 am AEST

### Return Date to Students

Exam Week Friday (23 Oct 2020)

Feedback will be provided upon request.

### 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

### Submission Instructions

Submission Instructions Submitted online through Moodle.

### 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