SAFE20018 *Fatigue Risk Management*
Term 2 - 2018

Profile information current as at 05/05/2024 10:54 pm

General Information

Overview
Fatigue Risk Management examines the physiological and psychological aspects of fatigue 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 and the contribution of work and non-work related factors to fatigue related risk. The current regulatory environment surrounding the management of fatigue related risk will also be explored.

Details
Career Level: *Postgraduate*
Unit Level: *Level 8*
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 Postgraduate 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. **Group Discussion**
Weighting: 20%
2. **Written Assessment**
Weighting: 40%
3. **Written Assessment**
Weighting: 40%

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 requested additional information on fatigue management technology.

Recommendation

Identify which information can be provided on currently available fatigue management technology.

Feedback from Have Your Say survey

Feedback

Students enjoyed the small-group tutorial sessions.

Recommendation

Continue providing tutorial support via individual and small group opportunities.

Unit Learning Outcomes

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

1. Explain the physiological and psychological consequences of fatigue
2. Interpret and discuss how social, domestic and working arrangements mediate fatigue related risks
3. Assess fatigue related risks associated with different working time arrangements and tasks
4. Design and evaluate appropriate fatigue risk management systems having regard for regulatory fatigue management restrictions

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
1 - Group Discussion - 20%	•	•	•	•
2 - Written Assessment - 40%	•	•	•	
3 - Written Assessment - 40%		•	•	•

Alignment of Graduate Attributes to Learning Outcomes

Graduate Attributes	Learning Outcomes			
	1	2	3	4
1 - Knowledge	∘	∘	∘	∘

Graduate Attributes	Learning Outcomes			
	1	2	3	4
2 - Communication	○	○	○	○
3 - Cognitive, technical and creative skills	○	○	○	○
4 - Research	○	○	○	○
5 - Self-management	○	○	○	○
6 - Ethical and Professional Responsibility	○	○	○	○
7 - Leadership	○	○	○	○
8 - 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
1 - Group Discussion - 20%	○	○	○	○	○	○	○	
2 - Written Assessment - 40%	○	○	○	○	○	○	○	
3 - Written Assessment - 40%	○	○	○	○	○	○	○	

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. WE WILL COVER: Legal and political contexts of Fatigue Risk Management How working hours have changed Approaches to managing fatigue in various different industries Strategies used to manage fatigue at an organisational level Resources, tools and technologies available to integrate into a broader safety management system.		

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 contents and frameworks in which Fatigue Risk Management has developed.		

Vacation Week - 13 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic

Week 6 - 20 Aug 2018

Module/Topic	Chapter	Events and Submissions/Topic
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 task 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
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
This week it's time to look back on what you have learned, and to apply it in the last assessment, which is to review 2 other Fatigue Risk Management Systems as developed by other students in the course. You are to critically evaluate them based on what you have learned, and provide a report on each including its strengths, weaknesses and suggestions for improvement in the short and longer term.		**Fatigue Risk Management Discussion Topics** Due: Review/Exam Week Monday (8 Oct 2018) 9:00 am AEST

Exam Week - 15 Oct 2018

Module/Topic	Chapter	Events and Submissions/Topic
		Review a Fatigue Risk Management System Due: Exam Week Monday (15 Oct 2018) 9:00 am AEST

Assessment Tasks

1 Fatigue Risk Management Discussion Topics

Assessment Type
Group Discussion

Task Description
In this assessment activity you will respond to the two discussion topics below, develop and post your discussion on the topics by week 6 (as two separate posts), you should then respond to the post of at least two of your colleagues with well thought out feedback before the end of the term.
Discussion Topic #1: In general, many organisations attempt to define fatigue. If you compare that with the definitions given in the Noy paper, you will observe some differences. Compare and contrast the differences between the definitions in your exemplar policy and those provided as part of the global consensus statement. What are the implications of the definitional differences. How might you modify real world policies to reflect current scientific thinking. Alternatively one might argue does it really matter? In the words of Justice Stewart defining fatigue might be liked to defining pornography, i.e. it is hard to define, but I know it when I see it (http://law2.umkc.edu/faculty/projects/ftrials/conlaw/obscenity.htm). Can policy arguments around the definition of fatigue merely become counterproductive and shift the focus away from actually dealing with the problem.
Discussion Topic #2: In many fatigue management policies you will see widely varying differences in the factors contributing to fatigue. Indeed in some cases, there can even be misattributions or at least, the identification of factors with minimal impact (e.g. nutrition). From the fatigue management policies you have identified, try and rank the factors

contributing to fatigue in order of importance. Having done this, are you sure this ranking applies to all jobs? Might different factors have different influences in different settings? Discuss.

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
20%

Minimum mark or grade
Pass

Assessment Criteria
You will be assessed on your participation in the moodle discussion forums and your contribution to the relevant discussion topics around Fatigue Management.

Referencing Style

- Harvard (author-date)

Submission
Online

Submission Instructions
Discussion board posts

Learning Outcomes Assessed

- Explain the physiological and psychological consequences of fatigue
- Interpret and discuss how social, domestic and working arrangements mediate fatigue related risks
- Assess fatigue related risks associated with different working time arrangements and tasks
- Design and evaluate appropriate fatigue risk management systems having regard for regulatory fatigue management restrictions

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility
- Leadership

2 Develop a Fatigue Risk Management System

Assessment Type
Written Assessment

Task Description
This is the main assessment for this course. 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. 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
Submit your FRMS Online

Return Date to Students
Week 11 Monday (24 Sept 2018)

Weighting
40%

Minimum mark or grade
Pass

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
- Interpret and discuss how social, domestic and working arrangements mediate fatigue related risks
- Assess fatigue related risks associated with different working time arrangements and tasks

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility
- Leadership

3 Review a Fatigue Risk Management System

Assessment Type
Written Assessment

Task Description
For the final assessment for the Fatigue Risk Management 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
Exam Week Monday (15 Oct 2018) 9:00 am AEST
Online

Return Date to Students

Weighting
40%

Minimum mark or grade
Pass

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
Online

Learning Outcomes Assessed

- Interpret and discuss how social, domestic and working arrangements mediate fatigue related risks
- Assess fatigue related risks associated with different working time arrangements and tasks
- Design and evaluate appropriate fatigue risk management systems having regard for regulatory fatigue management restrictions

Graduate Attributes

- Knowledge
- Communication
- Cognitive, technical and creative skills
- Research
- Self-management
- Ethical and Professional Responsibility
- Leadership

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