



# SAFE20018 *Fatigue Risk Management*

## Term 2 - 2019

Profile information current as at 09/04/2024 08:59 pm

All details in this unit profile for SAFE20018 have been officially approved by CQUniversity 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

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 - 2019

- 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 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 Student evaluations

##### Feedback

Students wanted increased opportunity for peer-to-peer interaction

##### Recommendation

A Zoom session will be offered at a convenient time for the students each week. For those who are unable to attend due to work or family commitments, there will be phone/zoom based support on a 1:1 basis offered.

#### Feedback from Student evaluations

##### Feedback

Students indicated they wanted more written feedback from the Unit Coordinator via discussion threads rather than individually.

##### Recommendation

As requested, feedback and responses to student queries will be provided in the discussion forums so that all students can benefit from the responses, rather than via individual email.

## 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



### 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	○	○	○	○
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.

### 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)

## Schedule

### Week 1 - Welcome and Introduction - 15 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
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 - Working hours and approaches to fatigue risk management - 22 Jul 2019

Module/Topic	Chapter	Events and Submissions/Topic
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 - Quantifying the Risk Associated with Fatigue - 29 Jul 2019

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

### Week 4 - Examining the Effects of Fatigue - 05 Aug 2019

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

### Week 5 - Legal and Political Contexts and Frameworks - 12 Aug 2019

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

### Vacation Week - 19 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
Spring break		

### Week 6 - Defenses in Depth Approach - 26 Aug 2019

Module/Topic	Chapter	Events and Submissions/Topic
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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.

Fatigue Risk Management Discussion Topic Due.  
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.  
Due Friday 30 August

**Fatigue Risk Management Discussion Topics** Due: Week 6  
Friday (30 Aug 2019) 11:59 pm AEST

### Week 7 - Elements of a Fatigue Risk Management System - 02 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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 - Level 1 Fatigue Risk Controls - 09 Sep 2019

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

### Week 9 - Level 2 Fatigue Risk Controls - 16 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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.		Assignment due Your task is to build your own Fatigue Risk Management System for an existing or fictional business. Due Monday 16 September

### Week 10 - Level 3 Fatigue Risk Controls - 23 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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		<b>Develop a Fatigue Risk Management System</b> Due: Week 10 Monday (23 Sept 2019) 9:00 am AEST

### Week 11 - Level 4 Fatigue Risk Controls - 30 Sep 2019

Module/Topic	Chapter	Events and Submissions/Topic
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 - Level 5 Controls, Reflections and Implications - 07 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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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

#### Assignment due

You are required to review several different Fatigue Risk Management Systems from those previously submitted. Thus, you are forming the review process for your colleagues FRMS documents! It will also enable you to see the differences between different approaches and different grades and my feedback on them. Due Monday 7 October

#### Review/Exam Week - 14 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
		<b>Review a Fatigue Risk Management System</b> Due: Review/Exam Week Monday (14 Oct 2019) 9:00 am AEST

#### Exam Week - 21 Oct 2019

Module/Topic	Chapter	Events and Submissions/Topic
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## 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? Discuss.

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.

Examples used in these discussions should be retrieved from published research and reputable sources such as the peer reviewed literature, Coroner's Findings, Royal Commission Reports, ATSB, or other government websites, etc

Examples used in these discussions should be retrieved from published research and reputable sources such as the peer reviewed literature, Coroner's Findings, Royal Commission Reports, ATSB, or other government websites, etc

#### Assessment Due Date

Week 6 Friday (30 Aug 2019) 11:59 pm AEST

Moodle discussion page

**Return Date to Students**

Exam Week Monday (21 Oct 2019)

**Weighting**

20%

**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 (23 Sept 2019) 9:00 am AEST

Submit your FRMS Online

**Return Date to Students**

Week 12 Monday (7 Oct 2019)

**Weighting**

40%

**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

Submitted online through Moodle.

## 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

Review/Exam Week Monday (14 Oct 2019) 9:00 am AEST

Submitted online through Moodle.

## Return Date to Students

Exam Week Friday (25 Oct 2019)

Feedback will be given on request after grades are posted.

## Weighting

40%

## 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

Submitted online through Moodle.

## 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