

Introduction to Fatigue Risk Virtual Workshop

Virtual Workshop Description

Provide the fundamentals of fatigue and the risk it poses to individuals if not managed properly.

Course content:

Half Day - 4 hours

- What is fatigue
- Understanding sleep and fatigue
- What affects fatigue
- Work and scheduling
- Circadian rhythms
- Sleep disorders
- Strategies for dealing with fatigue

Cost:

- \$325.00 – regular price
- \$260.00 – for CCAA partners

[Register](#) for the Introduction to Fatigue Risk Virtual Workshop

Outcome:

Upon completion of this virtual workshop, participants will have a better understanding of fatigue and it's potential negative effects on their performance.

Any Questions?

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