

# Alert at Work seminar

Practical fatigue education for safer, healthier teams

Fatigue is more than feeling tired. In transport and other safety-critical industries, fatigue directly affects reaction time, hazard awareness, decision-making, and safe driving performance.



The Alert at Work Seminar is a tailored 90-minute education session delivered onsite or online as a live webinar. It is designed specifically for transport teams, shift workers, leadership groups, and safety-critical operations.

**Led by Katrina Aubrey, Clinical Sleep and Fatigue Specialist**, this session translates sleep science into practical workplace strategies that staff can immediately apply.

## Why it matters

Education is one of the most effective first-line controls in fatigue risk management. When drivers and leaders understand the biological causes of fatigue, they are better equipped to make safer decisions before risk escalates.

## Ideal for

Toolbox talks, Driver safety days, Health and wellbeing programmes, Leadership development, FRMS and HSWA initiatives.

## Topics include

- The biology of fatigue and why sleep cannot be “pushed through”
- Fatigue versus sleepiness
- The dangers of microsleeps and reduced hazard awareness
- Circadian low points and high-risk driving times
- Sleep disorders and their impact on driver safety
- Shift work fatigue and roster recovery
- Practical countermeasures that work in the real world
- Sleep hygiene, nutrition, movement, and recovery strategies
- Manager awareness and early warning signs

## Who this is for

- Commercial drivers
- Fleet managers
- Leadership teams
- Operations staff
- Shift workers
- Workshop and logistics teams

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