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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