



**Workshop on Drivers' Fatigue Management:
Staying Alert on the Wheel**

January 31 – February 1, 2026 Lagos & Abuja

March 7 – 8, 2026, Lagos & Port Harcourt

April 18 – 19, 2026 Lagos & Abuja

May 23 – 24, 2026, Lagos & Abuja

August 1 – 2, 2026, Lagos & Port Harcourt

September 5 – 6, 2026, Lagos & Abuja

October 17 – 18, 2026, Lagos & Port Harcourt

November 21– 22, 2026, Lagos & Port Harcourt

For Tutor -Led Class: 9am – 4:30pm

Workshop fee: Lagos: N100, 000 per Participant

Abuja / Port Harcourt: N150, 000 per Participant

Available for In-plant Training

Program overview:

Driver fatigue is a major safety hazard for all drivers. Fatigue crashes tend to be severe with little or no braking or avoidance action. The risk of death or serious injury to a driver and passenger or the occupants of other vehicles in a fatigue related crash is very high. To understand how to recognize and prevent fatigue becoming a hazard for you, it is important to look at the causes. Fatigue and tiredness are signals from our body that we need sleep. Just like when our body needs food, we get hungry and when our body needs water, we get thirsty. Willpower cannot overcome these signals.

By understanding the processes that make us tired, you should be better able to plan and manage your daily routines to minimize the risk of fatigue. You will be a more professional driver.

For whom:

All Company Drivers and their supervisors. The Administrative officers or managers who manages Driver's assignments will equally benefit from this training program.

Learning objectives:

At the end of this program, participants will be able to;

- better plan and manage your daily routines to minimize the risk of fatigue;
- explain the meaning of fatigue and the cause of fatigue on Drivers;
- explain the cause of drowsy driving and falling asleep at the wheel;
- explain the meaning of loss of alertness;
- explain how fatigue can lead Drivers to poor judgment, slower reactions and decreased driving skill levels; and
- explain why sleep and rest are as important to the transport industry as diesel and oil.

Human Capital Associates Global Consult Ltd is Accredited by Nigeria Council for Management Development (NCMD)

Lagos: Human Capital Associates Global Consult Ltd: Acme House 2nd Floor, Ogbia Industrial Scheme, Ogbia – Lagos

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24/7 Lines: +234-8068933608 (WhatsApp), +234-8029170491 & +234-8145745664(WhatsApp) & +234-9112830607

Course outline:

Day 1: Staying alive on the road: Driver Fatigue on the Job

- Why sleep is as important to the transport industry as diesel and oil
- (An extreme example and an actual incident) Video play back

The Effect of Fatigue

- Loss of Alertness
- Drowsy Driving
- Falling Asleep at the on wheel
- Poor Memory
- Bad Mood

What causes fatigue?

- Body check factors
- Sleep factors
- Work factors

LOCATIONS

1 - HCA Learning Centre. Acme House 2nd Floor, 23, Acme Road, Ogbia, Industrial Scheme, Ikeja, Lagos, Nigeria

2 – FAB By Toprank Hotel, Opposite Old Federal Secretariat Area 1, Garki, Abuja.

3 – Pakiri hotel Ltd., 4 Okwuruola Street, off Stadium Road, Rumuola, Port Harcourt, Rivers State.

In-plant Fee Negotiable

WORKSHOP FEE:

Workshop fee: Lagos: N100, 000 per Participant, VAT-N7,500

Abuja / Port Harcourt: N150, 000 per Participant, VAT-N11,250

Note: this covers Workshop Fee, Tea/coffee break, Lunch, course materials and certificate of attendance.

Payment should be made into our Accounts:

Account Name: Human Capital Associates Global Consult Ltd.

Union Bank of Nig. PLC: Account No: 0097961537

First Bank of Nig. PLC: Account No: 2033683960

Keystone Bank Ltd.: Account No: 1007150325

**For Booking / Enquiry, Call: 234-8051365946, 234-7087578814
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& 234-9112830607**

Day 2: Ways to reduce fatigue

- Your checklist
- A check list for keeping alert
- A checklist for warning signs

The health factors

Fatigue management and regulations code for Drivers

- Employers' responsibilities to prevent driver fatigue on the job?

Training Methodology

Lectures, discussions, exercises, case studies, audio-visual aids will be used to reinforce these teachings/learning methods.

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