



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

January 20 – 21, 2024, Lagos & Abuja  
January 24 – 25, 2024, Lagos & Port Harcourt  
April 13 – 14, 2024, Lagos & Abuja  
May 18 – 19, 2024, Lagos & Port Harcourt  
June 22 – 23, 2024, Lagos & Abuja  
August 3 – 4, 2024, Lagos & Port Harcourt  
September 14 – 15, 2024, Lagos & Abuja  
October 19 – 20, 2024, Lagos & Port Harcourt  
November 23 – 24, 2024, Lagos & Abuja

**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.

**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

## **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 do 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.

### **LOCATIONS**

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

2 - Green-Minds Hotel, Plot 764, Cadastral Zone B05, E. Ekukinam Street, Utako District, Abuja

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

**Open Course Fee: N90, 000**

In-plant Fee Negotiable

### **WORKSHOP FEE:**

**N90, 000 per participant, VAT –N6, 750**

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  
24/7 Lines: 234-8068933608, 234-8029170491, 234-8145745664,  
& 234-9112830607**