<table>
<thead>
<tr>
<th>TSC Category</th>
<th>Workplace Safety and Health</th>
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</thead>
<tbody>
<tr>
<td>TSC</td>
<td>Health and Fatigue Risk Management</td>
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<tr>
<td>TSC Description</td>
<td>Identify and manage risks associated with fatigue within the work environment to ensure all personnel are fit to perform assigned duties</td>
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<thead>
<tr>
<th>TSC Proficiency Description</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Level 6</th>
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<tbody>
<tr>
<td>PTP-WSH-1047-1.1</td>
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<tr>
<td>Recognise signs of personal fatigue when performing duties in compliance with established fatigue management guidelines</td>
<td>Apply fatigue management techniques and act upon signs of fatigue when performing duties</td>
<td>Interpret fatigue management guidelines and educate staff on risk control measures</td>
<td>Manage risks associated with fatigue within the work environment to ensure staff are fit to perform duties</td>
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**Knowledge**

- Factors that contribute to fatigue and fatigue-related accidents
- Types of risks and hazards created by fatigue in the workplace
- Causes and effects of fatigue on staff
- Relevant regulations and requirements related to fatigue management
- Workplace Safety and Health guidelines – Fatigue Management
- Sources of information on fatigue
- Factors that contribute to fatigue and fatigue-related accidents
- Types of risks and hazards created by fatigue in the workplace
- Causes and effects of fatigue on staff
- Relevant regulations and requirements related to fatigue management
- Workplace Safety and Health guidelines – Fatigue Management
- Workplace policies and procedures related to fatigue management
- Sources of information on fatigue
- Ways of recognising fatigue
- Fatigue management signs, symptoms and strategies
- Fatigue risk management principles
- Programmes to assist personnel to assess levels of fatigue and evaluate fitness for work
- Principles of fatigue risk management
- Workplace policies and procedures related to fatigue management
- Fatigue management signs, symptoms and strategies
- Consequences of non-compliance and failure to manage fatigue within the chain of responsibility
- Methods to conduct periodic audits on workplace policies and procedures related to fatigue management
- Processes for assessing fatigue risk management competence
- Programmes for assisting personnel to assess levels of fatigue and evaluate fitness for work
- Workplace Safety and Health (WSH) - Risk Management Regulations

**Abilities**

- Maintain awareness and alertness of personal workplace health and safety
- Apply fatigue management techniques in the workplace depending on differing
- Monitor operational activities are compliant with fatigue management regulations and policy
- Communicate and drive implementation of the organisation fatigue risk management systems
| **SKILLS FRAMEWORK FOR PUBLIC TRANSPORT**  
TECHNICAL SKILLS AND COMPETENCIES (TSC) REFERENCE DOCUMENT |
|---|
| **•** Apply precautions and required actions to manage fatigue when carrying out own work functions  
**•** Utilise fatigue management practices to detect personal fatigue risks  
**•** Seek assistance and guidance from co-workers and supervisor in dealing with personal fatigue risks |
| **•** Recognise symptoms of fatigue in others and take appropriate actions in accordance with fatigue management regulations and workplace procedures  
**•** Collaborate with others to manage and minimise the effects of fatigue during work activities  
**•** Participate in identifying and meeting personal learning needs on matters related to fatigue management |
| **•** Provide feedback to inform staff about compliance matters when applying the fatigue management initiatives in the workplace  
**•** Recognise instances of non-compliance with fatigue management strategies and regulations  
**•** Report non-compliance of fatigue management strategies and regulations  
**•** Assist in facilitation of training programmes on the fatigue risk management system |
| **•** Conduct training on the fatigue risk management system  
**•** Recognise non-compliance and lapses in fatigue risk management strategies  
**•** Implement corrective measures on non-compliance of fatigue management regulations  
**•** Develop individual learning plans on WSH and fatigue management  
**•** Support staff to manage and learn about personal WSH  
**•** Organise audits and reviews of organisation’s fatigue risk management system |