



CATAPULT

TLIF0005

Apply a fatigue risk management system

Table of Contents (Extract)

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<https://catapultlearning.com.au/product/TLIF0005/>

Trainer/assessor guide

TLIF0005

Apply a fatigue risk management system

Welcome to this unit of study

This unit of competency involves the skills and knowledge required for heavy vehicle drivers to manage fatigue and to work safely within the Transport and Logistics industry.

It includes applying fatigue risk management strategies, identifying and acting on signs of fatigue, operating within a fatigue risk management system, planning and navigating trips, updating and maintaining records, complying with work and rest limits, and implementing appropriate strategies to minimise fatigue during work activities.

Work is performed under some supervision as a single operator and/or within a team environment.

Legislative and regulatory requirements are applicable to this unit. The primary legislative requirement of this unit of competency is the Heavy Vehicle National Law (HVNL).

Being awarded this unit of competency is a necessary requirement to operate under National Heavy Vehicle Regulator (NHVR) Fatigue Management Accreditation but is only one of the criteria. Prospective applicants should check with the NHVR before undertaking training and/or assessment.

It may be undertaken as:

- » part of a formal qualification nationally recognised through the Australian Qualifications Framework (AQF)
- » a stand alone unit
- » part of a formal skill set

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About this trainer/assessor guide

Learning resource

The learning resource is divided into the following topics:

- » Identify and manage fatigue risk in the road transport sector
- » Operate within a road transport fatigue risk management system
- » Plan and navigate a heavy vehicle trip
- » Comply with work and rest hours
- » Update and maintain records

Each topic provides information to help you gain the skills and knowledge required to perform the work tasks to which they refer. Read the information and practise the skills described. You should also take the opportunity to undertake additional independent research. Your trainer/assessor may also provide supplementary information including interpretation of the contents of this resource.

At the end of each topic is:

- » a set of true or false questions
- » a set of multiple choice questions

These questions provide an opportunity to check your understanding and progress. They are self-marking and do not form part of the assessment for the unit.

Assessment workbook

To have this unit recognised as a formal qualification you need to have your skills and knowledge assessed. The assessment workbook provides:

- » information on competency-based assessment
- » instructions on how you will be assessed
- » assessment tools to assess your competence
- » instructions on how to complete the assessment tasks within each assessment tool

To be assessed as competent you need to provide evidence that you have the skills and knowledge to undertake the requirements of this unit. This assessment of competency is made by a qualified trainer/assessor from a registered training organisation. You must complete all the assessments as directed by your trainer/assessor to the required standard. It is not necessary to work through the guide in the order in which it is written. However this is at the discretion of your trainer/assessor.

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