Workplace Fatigue



Recorded Date: Oct 30, 2024

Time: 9:00-10:00 AM (PDT)

Speaker: Rick Tobin, President & CEO

About This Webinar

To understand workplace fatigue, let’s talk about how we would define fatigue in the first place. Worker fatigue can be defined as a feeling of sleepiness, tiredness, or lack of energy while at work. Fatigue is a health and safety issue as well as an employee well-being issue.

Research shows fatigue can be attributed to workplace injuries. In fact, 13% of workplace injuries are a result of workplace fatigue.

Fatigue doesn’t come in a one-size-fits-all box. Sometimes, mental exhaustion is just as (if not more) taxing than physical exhaustion. Fatigue can be a lack of sleep or sleep deprivation and long work hours. But it can also look like an increase in burnout or absenteeism.

Fatigue management is the act of addressing fatigue through methods, tactics, or programs. It’s the approach a person or organization takes to mitigate the negative effects of fatigue.

What’s Included

In addition to 1 hour of in-depth compliance and training sessions with experienced lawyers, consultants, and other experts:

- Q&A sessions: An opportunity to ask questions and if time is limited, a response will be sent following the event.
- Video recordings of each session.
- Exclusive materials
- CE credits

Who Needs To Be There?

- OHS managers, consultants, and others
- Human resources managers, consultants, and others
- Labour relations managers, consultants, and others
- Business owners
- Corporate Counsel
- Union Management
- Finance and accounting managers responsible for HR
- Payroll Managers