



EMPOWERING WORKPLACE SOLUTIONS
SPECIALIZING IN FATIGUE & STRESS MANAGEMENT

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Sample Agenda for Supervisor Fatigue Workshop

Activity: Fatigue Myths

Presentation: Fatigue Impacts on Health and Safety

Activity: Discussion (situations they have seen)

Presentation: Sleep science 101

Activity: Sleep science 101 Worksheet

Activity: Checklist on how to identify fatigue (Create one that is signs, workplace behaviors, questions to ask)

Presentation: Barriers and responsibilities

Activity: Responsibilities worksheet

Activity: Toolbox for overcoming barriers (initial list they develop further)

Presentation: Strategies to manage

Activity: Toolbox of suggested strategies

1. Personal
2. Team
3. Supervisor

Activity: Closing discussions