



EMPOWERING WORKPLACE SOLUTIONS
SPECIALIZING IN FATIGUE & STRESS MANAGEMENT

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Sample Agenda for HSE Fatigue Workshop

Time	Activity	Notes
8:30 – 8:45	Introductions	
8:45 – 9:15	Presentation – Intro, Safety & Health	
9:15 – 9:45	Intro - Discussion on What Issues You See	
	Activity – Quick Org Assessment	
9:45 – 10:15	Presentation – Sleep Science 101	
10:15 – 10:30	Break	
10:30 – 11:15	Fill in the Blank Activity	
11:15 – 12:00	Presentation - Barriers & Assessment	
	Assess Your Organizations Fatigue Risks	Difficult – full day only, advanced group only, May need shorter version
	Discussion - What are the barriers in your work place, what supports exist List of criteria to assess current workplace status?	Needs adjusted
	Activity - Fatigue Management Responsibilities	Worksheet
	Scheduling Activity	Worksheet – Full day only, could be improved
	Lunch	
	Industry Presentation – Graph and O&G Research, stories about different industries	
	Activity – Industry Benchmarking	

1:00 – 2:30	Presentation Eye on Fatigue	
	Activity to Understand Model	Worksheet
	Discussions on Suitability	
	Develop Plan to Implement FRMS	Activity – plan forward (needs some adjusting)
2:30 – 2:45	Break	
2:45 – 3:30	Presentation - Strategies	
	Discussion, then Activity - What Strategies Work for You, Your employees?	Needs worksheet
	Info sheet on Individual Countermeasures, Team and org countermeasures?	Needs worksheet
3:30 – 4:00	Incident Investigation	
4:00 – 4:30	Presentation - Sleep Disorders	
	What are Your Sleep Issues?	
	Sleep Hygiene Checklist	
	Sleep Disorder Info in booklet	
2:45 – 3:00	Break	
3:45 – 4:15		
4:15 – 4:30	Create a Strategic Plan	
	Alternate Activities	
	Morning Lark/Night Owl??	
3:00 – 3:45	Presentation - Health and Wellness	