

FATIGUE RISK MANAGEMENT FOR MANAGERS & SAFETY STAKEHOLDERS

The next session is November 12-13, 2025
Mississauga, Ontario, Canada

INSTRUCTOR: Clinton Marquardt, Sleep & Fatigue Specialist

COURSE HIGHLIGHTS: Everyone experiences fatigue at times, it's a natural signal our bodies use to remind us to sleep. But in fast-paced, safety-sensitive, or high-stakes environments, fatigue can become a hidden risk with far-reaching consequences for safety, health, and productivity. This course empowers executives, managers, and supervisors with the knowledge and tools they need to recognize, assess, and proactively manage sleep-related fatigue in the workplace, all from a Safety Management Systems (SMS) perspective.

You'll explore the science behind sleep and fatigue, including how circadian rhythms and sleep quality impact performance and well-being. The course dives into the root causes of sleep-related fatigue, and influential conditions such as shift work, commuting, 9-to-5 work, and stress, and teaches practical strategies for both personal and organizational sleep and fatigue management. Discover how to build a robust sleep and fatigue management approach that not only meets regulatory standards but also goes beyond compliance by embracing the latest best practices in sleep and fatigue science.

Key Topics Covered Include:

- Understanding the fundamentals of sleep and fatigue science
- Identifying the 6 risk factors for fatigue
- Exploring the impact of shift patterns, commuting, and travel across time zones
- Personal and organizational strategies for sleep and fatigue management, including napping strategies, lifestyle, and stress management techniques
- Creating a positive sleep and fatigue culture that supports health, safety, and peak performance
- **Pro tips and actionable insights for effective sleep and fatigue management**

By the end of the course, you'll be equipped to implement practical solutions, foster a healthier workforce, and help your organization thrive, even in the most demanding 24/7 environments.

Multimodal Training with Examples, Vignettes, Case Studies and Lessons Learned from an Interesting Array of Industries!

Plus, lots of *Pro Tips* to make your job as a Sleep & Fatigue Manager Easier!

REGISTER NOW!

REGISTER AT: <https://www.paypal.com/ncp/payment/ZQE5EW7L68NXS>

This Course Satisfies Most Federal Regulations for Fatigue Training World-wide!

- Course topic mappings for all regulations can be provided to successful participants.
- Civil Aviation Regulations (CARs / Canada)
- Code of Federal Regulations | Federal Aviation Administration (CFR | FAA/FAR / United States)
- Duty and Rest Period Rules for Railway Operating Employees (DRPR / Canada)
- International Maritime Organization (MSC. 1/Circ.1598)

Special FMN Member Savings of \$300.00!

+

\$140 BONUS, FREE admission to the National Aircraft Maintenance Conference!

**Register before the
August 29th, 2025 deadline and SAVE!**

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DETAILS:

DATE: November 12-13, 2025

LOCATION: Delta Hotels Toronto Airport & Conference Centre, 655 Dixon Road, Mississauga, Ontario, Canada, M9W 1J3

TIME: 08:30 - 16:30

TUITION:

- [FMN REGISTRATION: \\$845.00 CAD plus HST](#) (ENDS: August 29, 2025)
- REGULAR REGISTRATION: \$1145.00 CAD plus HST
- GROUP RATE: Discounts are available, please ask [Clinton](#)

SPECIAL BONUS: Includes FREE admission to the National Aircraft Maintenance Conference

ACCOMODATIONS: Delta Hotels Toronto Airport & Conference Centre, 655 Dixon Road Toronto, Ontario, Canada, M9W 1J3 (FREE airport shuttle), details on a potential discount may be provided soon.

PARKING: Free

MEALS & REFRESHMENTS: Lunch and refreshments are included in the tuition. Please advise Clinton of any food allergies 14 days prior to the course.

CERTIFICATION: All participants who attend the full course will be awarded certificates of completion. A course topic mapping onto your rules or regulations can be provided upon request.

REFUND POLICY:

1. We reserve the right to reschedule the program if the number of registrants is insufficient. Should this occur, we will notify all registrants and refund the registration fee in full.
2. Any costs incurred by registrants, such as hotel cancellation fees or airline penalties, are the responsibility of the registrants.
3. Registrations are transferable.
4. Cancellations 10 days prior to the date of the course will incur a \$100 administration fee.
5. No-shows will be responsible for the full course fee.

Registration includes FREE admission to the National Aircraft Maintenance Conference!



NATIONAL AIRCRAFT MAINTENANCE
CONFERENCE
TORONTO, CANADA

SAVE THE DATE

THURSDAY NOVEMBER 13-FRIDAY NOVEMBER 14, 2025
(EXHIBITOR SET UP ON WEDNESDAY NOVEMBER 12, 2025)

DELTA HOTEL AND CONFERENCE CENTRE
655 DIXON ROAD, MISSISSAUGA, ONTARIO • 800-721-7033

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AIR CANADA

Limited number of seats, reserve yours today!

Learn how to reduce the risk of fatigue for your shift-workers

This session will be provided in a small class format to enhance your personal learning experience. But it also means we only have room for a limited number of people.

COURSE TOPICS:

- Defining sleep-related fatigue
- Fatigue and its relationship to sleep, sleep and fatigue fundamental science, physiology and circadian rhythms
- Types and stages of sleep
- Sleep inertia
- Relationship between sleep quantity & quality
- The 6 fatigue risk factors, the causes of fatigue
- Sleep, fatigue and the 9-to-5 worker
- Sleep disorders
- The effects of commuting, operating through multiple time zones and shift-patterns
- Chrono-types and the relationship to sleep quality
- Obvious and hidden costs and the hidden benefits of proactively managing sleep and fatigue
- Fatigue-related safety, health and productivity impacts; the effect on accidents, incidents, mental and physical health, the effects of fatigue relative to performance
- Changing people's minds: Convincing decision-makers and the workforce to take action
- Self-assessment of sleep problems, awareness of fatigue
- Sleep and fatigue culture and its relationship to safety and organizational culture
- Organizational responsibilities
- Fatigue assessments and reporting, fitness for duty assessments
- Sleep and fatigue management approaches: Plans, programs and fatigue risk management systems (FRMS)
- Organizational strategies and fatigue mitigation
- Personal responsibilities
- Personal fatigue prevention strategies, lifestyle, nutrition, exercise and family influences on sleep and fatigue
- Personal fatigue countermeasures
- Stress and its effects on sleep, stress reduction
- ***Plus, Pro Tips for Sleep & Fatigue Managers!***

AFTER THE COURSE YOU WILL BE ABLE TO:

- Discuss fatigue and its complex relationship with sleep with employees
- Understand, in-depth, how fatigue surfaces and accumulates and be able to recognize the early warning signs and prevent unwanted outcomes
- Use practical tools to identify the 6 human fatigue risk factors and proactively monitor fatigue at organizational and personal levels
- Analyze sleep-wake, rostering, and shift-work patterns to determine likelihood of fatigue
- Identify and develop key data collection strategies to support your sleep and fatigue management approach
- Implement effective countermeasures to reduce the risk of fatigue
- Use effective strategies to reduce the risk of fatigue leading to major human performance issues, mistakes, incidents and accidents
- Understand the difference between fatigue prevention strategies and fatigue countermeasures
- Implement fatigue risk management approaches at an organizational level
- Provide employees with fatigue risk management approaches at an individual level
- Use the content of this training to develop your own in-house training program
- Incorporate the use of bio-mathematical fatigue modeling to reduce the risk of fatigue and performance impairments through a risk assessment process
- Identify and put into place the most important components of an ideal Fatigue Risk Management System (FRMS) or Fatigue Management Program (FMP)
- Use the components of an ideal FRMS/FMP to improve the health, safety and productivity of a 24/7 workforce
- Merge your sleep and fatigue management approach into an existing SMS

WHO SHOULD ATTEND:

- Sleep & Fatigue Managers
- Senior Executives, Managers and Decision Makers
- Fatigue Risk Management Leaders
- Safety Officers and Safety Managers
- Occupational Health and Safety Professionals
- Oil and Gas Safety Professionals
- Transportation Regulating Agencies and Organizations
- Fatigue Risk Management Systems (FRMS) Authorities and Regulators
- Patient Safety and Healthcare Safety Professionals
- Labour Union Representatives
- Human Factors Specialists
- Transportation Professionals
- Quality Assurance Managers and Specialists
- Health and Emergency Services Providers
- Schedulers and Planners
- Safety and Compliance Specialists

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