



Fatigue, Workload, Stress, Distractions and Focus

These 5 aspects, separately from each other and in combination with each other, have a negative influence on the competence and thus on the performance of us.

Heavy fatigue has to do with the risk of falling asleep, which is why a distinction is made between acute fatigue and chronic fatigue with all its consequences. With workload, insight is given into which aspects of the work lead to burden and have a possible negative effect on safety and efficiency. The module provides insight into the various reasons that lead to chronic stress and thus to work disability and/or absenteeism. With regard to the aspects of distraction and focus, we address attention, vigilance and monitoring.

Managers must have an understanding of the difference between vigilance as a competence (time and task) and how fatigue has a negative influence on these aspects.

All this with the purpose to train the team optimally, optimize working conditions so that fatigue, workload and stress do not have a negative effect on job execution.

YES Human Factors Ltd does this with the help of very experienced trainers and teachers with a background in management (operational and HR), psychology, organizational development and change management. The practical experience of dozens of years comes from different organizations, such as Siemens, Royal Air Force, KLM, Martinair, Ministry of the Interior, police etc.

YES Human Factors Ltd provides training within the next market segments: hospitals, coast guard, process industry, IT, safety regions, banks and aviation.

We warmly invite you to participate in this interactive, practical and inspiring program.

Han van der Meer and Jean-Pierre Kahlmann,
Partners YES Human Factors Ltd

Fatigue, Workload, Stress, Distractions and Focus

The Fatigue, Workload, Stress, Distraction and Focus module is especially designed for professionals and managers who must take these aspects into account. Because they overwhelmingly affect the level of safety, effectiveness and efficiency at work.

Description

The training provides insights but also tools for managers who are confronted with these aspects within the organization or their department.

Program

Day 1

09.00 Welcome with coffee
09.30 Fatigue
10.30 Workload
11.00 Break
11.15 Stress
12.45 Lunch
13.30 Distraction and Focus
15.00 Break
15.15 Alertness
16.40 Evaluation and Conclusion
17.00 End

Day 2

09.00 Welcome with coffee
09.30 Review Day 1
10.00 Exercise: how to improve my department?
11.00 Break
11.15 Group Exercise: develop a concrete plan
12.40 Evaluation and conclusion

Questions and registration

For more information and to register, please contact:

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Or send an email to info@yeshumanfactors.nl

Overview

Fatigue, Workload, Stress, Distractions and Focus

Duration program

1,5 day

Group size

3-12 persons or in consultation

Dates

In consultation

Location

YES Human Factors
Voorstraat 2
5353 KE Dienen

Or

In consultation In-company or in the vicinity of your home and/or workplace

Costs

€ 710,- excl. VAT per participant

Course material, coffee, tea and lunch are included