

# Shiftwork Management in Reducing Stress and Fatigue in the Workplace

I. Jakarta, 24 - 25 June 2010

II. Jakarta, 4 - 5 November 2010

## BACKGROUND

Putting a shift work management system in place may seem daunting at first. Managing shift work can be complex—production requirements and workers' needs must be weighed against each other. However, much of the framework presented here is common sense, which all employers can and should put in place. Employers and employees need to work together to decide on the best strategies, policies, and procedures for their particular work setting. Some give and take will be required on both sides. Adequate sleep is essential for maintaining and restoring full physical and mental functioning, and is the only way of providing recovery from fatigue (especially for the brain).

## COURSE PROGRAMMED:

- The causes of workplace Stress and fatigue
- The consequences of workplace Stress and fatigue
- Recovery from fatigue.
- Whole-of-work factors
- Stress and Fatigue leads to physical and mental impairment
- Various strategies can minimise Stress and fatigue
- Preventing workplace Stress and fatigue requires cooperation and compromise
- Various strategies are available for managing shift work to minimise stress and fatigue
- Manage risk
- Train and educate
- Monitor and evaluate
- Strategies for small employers

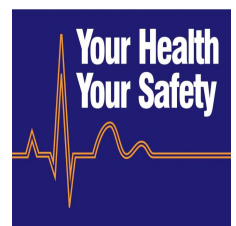
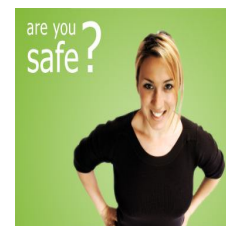
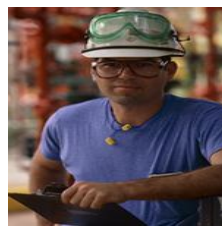
## The skill and information that will be learned about :

- What's workplace stress and fatigue.
- Key facts about stress and fatigue, and their implications for employers
- How to manage workplace stress and fatigue

## WHO SHOULD ATTEND

Anyone interested in improving health and safety and productivity will benefit from attending this program, including:

- Health and Safety Committee members
- Managers, supervisors and worker
- Facility managers
- Human resources managers
- Senior managers
- Others with health and safety responsibilities



## TRAINER :

**Abdul Baktiansyah, Dr, MS.**

He has experienced in Occupational Health & Safety and Industrial Hygiene for almost 30 years. He was graduated from Faculty of Medicine, Airlangga University in 1979 and Master of Science in Occupational Medicine, University of Indonesia in 2004. He started his career as Occupational Health practitioner at PT. Ekspan Kalimantan, he later became Chief Medical Officer and then Occupational Health & Industrial Hygiene Coordinator at PT. Medco Energy. His Expertise and experienced give him a very broad perspectives in handling any issues related to Occupational Health and Industrial Hygiene.

## INVESTMENT:

Per Participant

Pay and register within 14 days before the training

The 5th participant is FREE if you register 4 person from one company

Rp. 3.500.000,-

Rp. 3.250.000,-



Pendaftaran dan Informasi lebih lanjut dapat menghubungi

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