



RED027c



CPC Fatigue, wellbeing and managing driving impairments (Classroom and Practical Workshops 7 Hours)

Course Aims and Objectives

Aims:

To highlight and discuss the risks associated with fatigue and wellbeing; how to manage these and other impairments.

Well-being sessions-bite-sized practical workshops that give the why and the practical how's. Each workshop is tailored to expand on the advice given in the Driver Wellbeing profiler.

All our sessions are interactive, coupled with high energy and engaging delivery. We provide delegates with useful, practical tools and techniques that will help them and develop their well-being.

Objectives – to discuss, understand and develop strategies to manage:

- Healthy Lifestyle –Good nutrition, exercise and weight control
- Mental Clarity and Brain fitness
- Improving your sleep
- Drink, drugs and impairment within driving context
- Managing fatigue and stress
- How driving behaviors/mindset effect driving styles and consequences
- Wrap up with time reflect on how we manage driving fatigue, wellbeing and impairments

With an option to conduct ongoing monthly on-line Driver Wellbeing Profiler with personalised feedback.

These items focus on section 3.4 of the DVSA's Driver Certificate of Professional Competence (CPC) syllabus: **Awareness of the importance of physical and mental ability**

Principles of healthy, balanced eating, effects of alcohol, drugs or any other substance likely to affect behaviour, symptoms, causes, effects of fatigue and stress, fundamental role of the basic work/rest cycle.



Approved Training Course

This is to certify that

NFE Group Training Centre

has been approved to deliver

**Fatigue, wellbeing and managing driving
impairments
CRS13422/1928**

As

Driver CPC Periodic Training

Approval Period

01/02/2020 to 31/01/2021

Course Duration

7.0 hours

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