



This 7-hour course includes:

- 🎓 Dangers and consequences of tired driving (including case histories)
- 🎓 Causes of tiredness; including:
- 🎓 Shift working
- 🎓 Circadian Rhythm
- 🎓 Social Life
- 🎓 Sleep Apnoea
- 🎓 Food intolerance
- 🎓 Methods to detect tiredness and to avoid tired driving
- 🎓 Explanation of micro – sleep
- 🎓 Explanation of sleep inertia
- 🎓 Advice regarding tiredness en-route
- 🎓 How the human body requires a balance of nutrients in order to perform correctly
- 🎓 Food available to mobile workers
- 🎓 Starchy foods
- 🎓 Hydration



- The effects of lack of exercise
- Working hours
- The consequences of distracted driving
- Use of mobile phones and hand held devices
- Distances covered whilst undertaking other activities

The course also includes numerous film presentations, practical exercises and confirmation of learning quizzes.

