

TLIF2010 Apply Fatigue Management Strategies - Queensland

Course Description

This unit involves the skills and knowledge required to apply fatigue management strategies within the transport and logistics industry. It includes identifying and acting on signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities, when operating equipment, trains, vehicles, load shifting equipment, marine vessels and aircraft.

Work is performed under some supervision generally within a team environment and is undertaken in compliance with relevant legislation, regulations, codes and guidelines.

No licensing, legislative or certification requirements apply to this course at the time of publication.



Unit of Competency:

- TLIF2010 Apply fatigue management strategies



Cost:

Training and assessment: \$220 per person.

Alternative costs apply for group or onsite training, contact Go-Train to discuss.



Duration

Training and assessment: Half-day, 11.30 - 3.30 pm, in a classroom and non-live rail environment.



Work Placement Requirement:

Work placement is not required for this course.



Mandatory Personal Protective Equipment:

Participants must dress in rail industry requirements, and provide their own:

- ankle-high steel cap boots
- rail approved long-sleeved hi-vis shirt or hi-vis vest over long-sleeved shirt
- long pants



Entry Requirements:

This course may not be suitable for everyone. Participants must:

- already hold the following unit of competency, or an equivalent unit:
 - Safely access the rail corridor TLIF0020

Language, Literacy and Numeracy

Where a participant is deemed, either prior to enrolment or throughout the training program, to possess a lower level of language, literacy or numeracy skills than is the minimum requirement for the course, Go-Train Industry will provide advice and support to the participant regarding further learning options.

(continued below)

At times, additional language or literacy development or remedial assistance may be required prior to the continuation or completion of the participant's course of study. The cost of this further LLN development or remedial assistance would need to be covered by the participant.



What Next?

Before training:

- Participants must provide their Unique Student Identifier (USI) Number, which is required to study in Australia. Go-Train is unable to issue a certificate unless a Participant's USI has been verified. **Please visit www.usi.gov.au for details.**
- To secure a spot in the course participants need to enrol and pay for the course prior to commencement of training. Please contact Go-Train to discuss payment options.
- Participants should contact Go-Train if they think they may be eligible to apply for RPL or Credit Transfer.
- If a participant is unable to attend, they must contact Go-Train as soon as possible. If less than 48 hours' notice of cancellation is provided, Go-Train are unable to refund any fees paid. For our **Refund Policy** visit: www.gotrain.com.au/policies-and-procedures/

On the day of training:

- Bring your RIW Card and Photo ID, preferably a driver's licence showing full name, date of birth and address.
- **Participants must wear covered in shoes.** Please note that we have a **NO THONGS** policy and individuals will be sent home if the correct footwear is not worn.
- Course fees must already be paid in full before attending each stage.

At the course:

- When participants attend training, they will be asked to sign a Training Attendance Sheet. Signing the attendance sheet is an acknowledgement that they have read and understood this Pre-Training Information prior to attending the course.
- This course will be delivered in a classroom and non-live rail environment by a qualified and experienced Rail Trainer.
- All learning materials will be provided to participants.
- Theory and practical assessments will be conducted throughout the course.



After Assessment:

- **Statement of Attainment** - On successful completion participants will receive a nationally recognised Statement of Attainment for the unit.
- **Rail Industry Work (RIW) Card** – On completion of the course, Go-Train will update participant's RIW profile with the achieved certification. Please refer to the <https://www.riw.net.au/> website or contact us for further information.



What Participants may like to study after they complete this course:

Participants may wish to complete further short courses toward a Certificate II in Rail Infrastructure, such as the Core Units for Rail Workers.

Locations - Please note changes to our Qld office location below:

Please contact our office on 1300 698 158 to confirm delivery dates and to enrol.

Students are responsible for any travel to practical locations, their meals and lodgings throughout the course.

Prior to 17 April 2026: **Salisbury Qld.**
 Building 9B, 87 Fairlie Tce. Salisbury QLD 4107

From 28 April 2026: **North Lakes Qld.**
 Unit 5, 26 Flinders Parade. North Lakes QLD 4509

In the Workplace (or in Salisbury by prior arrangement).
 We can come to you. Contact us for group bookings.

Fine Print

Please scan the QR to view our Student Handbook for further information regarding:

- participant rights and obligations as a student of Go-Train Industry Pty Ltd
- our Refund Policy
- our Training and Wellbeing Support Services
- our commitment to Access and Equity principles, including provisions for reasonable adjustment
- our Training Product Transition Policy, in the event a course in which a participant is enrolled is updated in line with national industry standards.



Training Plan

Day	Unit	Description	Assessments
1	TLIF2010 Apply fatigue management	<p>This unit involves the skills and knowledge required to apply fatigue management strategies within the transport and logistics industry.</p> <p>It includes identifying and acting on signs of fatigue and implementing appropriate strategies to minimise fatigue during work activities, in particular when operating equipment, trains and vehicles.</p> <p>Work is undertaken in compliance with relevant legislation, regulations, codes and guidelines.</p> <p>Work is performed under some supervision generally within a team environment.</p>	Written and Practical Assessment

Contact Go-Train on 1300 698 158 to confirm delivery dates and to enrol.