

# Alert at Work seminar 2025 schedule



This interactive 90-minute workshop is held on-site and tailored to your business needs, provides drivers with a comprehensive understanding of fatigue and how to manage it.

## Topics include

- The difference between fatigue and sleepiness
- Causes, signs and symptoms of fatigue
- The importance of sleep and the dangers of microsleeps
- Sleep disorders and their impact on the 24/7 workforce
- Practical solutions for managing fatigue, including sleep hygiene, exercise and nutrition



### **Katrina Aubrey**

**Clinical Sleep and Respiratory Physiologist  
Technician Fatigue and Sleep Health Consultant**

Katrina Aubrey is a registered clinical sleep and respiratory physiologist technician with over 23 years of extensive experience in various medical and surgical health fields. She is deeply dedicated to the field of sleep science and its pivotal role in managing fatigue. Her focus lies in collaborating with 24/7 operational companies and those prioritizing fatigue risk management under the Health and Safety at Work Act 2015 (HSWA). She is passionate about raising educational awareness within New Zealand's transport industry and aiding in the treatment of sleep disorders to improve quality of life and ensure employees are fit for work.

#### **GET IN TOUCH**

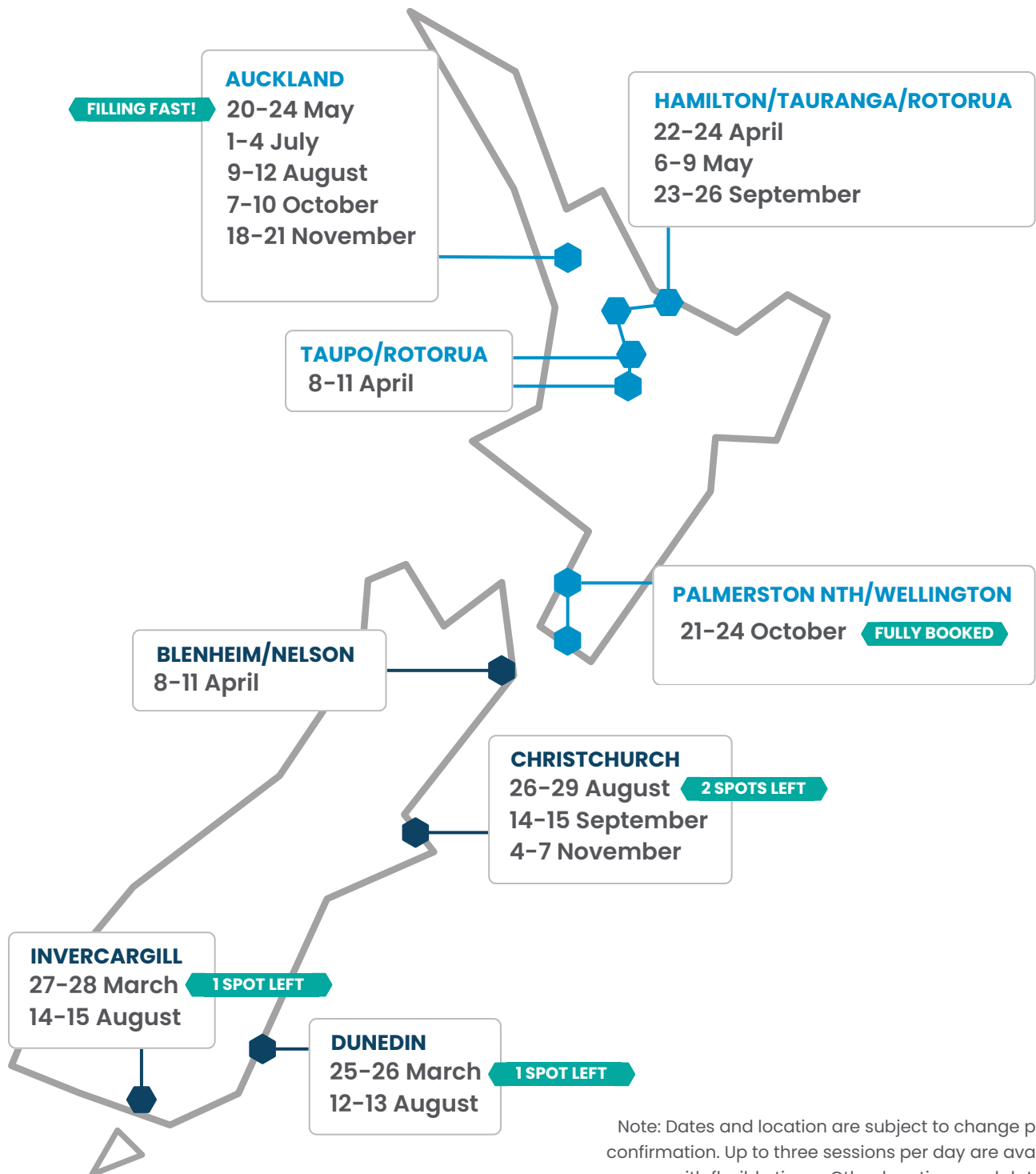
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DRIVING SAFETY 

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Note: Dates and location are subject to change prior to confirmation. Up to three sessions per day are available, with flexible times. Other locations and dates are available on request but may be subject to travel costs.

## GET IN TOUCH

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