**Action 62 – Nightworker Training**

Videos

Managing Fatigue In Construction (Duncan Gibbs)

<https://www.youtube.com/watch?v=PfA6NpQWI9I>

Fatigue Management (Network Rail)

<https://www.youtube.com/watch?v=gDyRhw28pus>

Lifestyle Scripts For Shiftworkers

<https://www.youtube.com/watch?v=kCwho-anEOI>

Sleep Loss Effects Sleepy Worker At Work

<https://www.youtube.com/watch?v=uW8FgS5DpWw>