

HIGH IMPACT PRESENTATION

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Topic : GO AWAY! MICROSLEEP

Session Plan

Time	Topic	Activity	Tools
2 Minutes	Introduction <ul style="list-style-type: none">• Myself• Objective• Ice breaker	<ul style="list-style-type: none">• Introduce self and welcome the participants.• Explain the objective – to know more about microsleep• Gain participants' attention with a question and short video.	<ul style="list-style-type: none">• Laptop• PowerPoint slides
2 Minutes	Contents <ul style="list-style-type: none">• Microsleep<ul style="list-style-type: none">◦ Symptoms/Signs◦ When to Occur◦ Prevention	<ul style="list-style-type: none">• Use PowerPoint slides to explain the microsleep.• Facts/Statistic about microsleep• Slide details:<ul style="list-style-type: none">◦ Warning signs for microsleep to occur.◦ When microsleep can occur◦ Safety precautions/treatments	<ul style="list-style-type: none">• PowerPoint slides
1 Minute	Summary / Review / Closing	<ul style="list-style-type: none">• Recap the content• Summarize the Contents	<ul style="list-style-type: none">• PowerPoint slides
x Minutes	Q/A Session	<ul style="list-style-type: none">• Thank the participants• Open the floor for questions	