

## Tips on Driving Alert & Arriving At Your Destination Alive

1. Get enough sleep on your time off. The average sleep required is 7-hours plus.
2. After work manage your time, so you are not staying up to late or starting projects that don't allow you to sleep.
3. Make sure you get quality sleep. i.e. the room is dark, the temperature low, your surroundings are dark and quiet.
4. Don't eat right before bed, stop eating two hours prior to bed.
5. Don't watch action or scary TV shows in bed or right before you go to bed.
6. Nutrition, it plays an import role in preventing fatigue, eat right and eat smart. Don't "pork out" at an all you can eat buffet during lunch, it will just cause you to be drowsy. Eat light and often.
7. Exercise and get plenty of it. If you are tired, stop your truck in a safe place, take a couple laps around your truck. Get your blood pumping to your brain, it will refresh you.
8. When you notice fatigue setting in stop your truck and take a quick power nap. A 15- 30 minute nap has been proven to leave you refreshed for hours.
9. Temperature, noise and light all give your body cues whether to stay awake or go to sleep. Constantly change your surroundings i.e. the radio, heater/AC, roll your window down etc..

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## Test your Knowledge on Driver Fatigue

This test was produced by the FMCSA and can be found on their Website at;

<http://www.fmcsa.dot.gov/facts-research/research-technology/topics/fatiguequiz.htm#top>

1. Coffee overcomes the effects of drowsiness while driving? T/F
2. I can tell when I'm going to go to sleep? T/F
3. Rolling down my window or singing along with the radio will keep me awake? T/F
4. I'm a safe driver so it doesn't matter if I'm sleepy? T/F
5. You can stockpile sleep on the weekends? T/F
6. Most adults need at least seven hours of sleep each night? T/F
7. Being sleepy makes you misperceive things? T/F
8. Young people need less sleep? T/F
9. Wandering, disconnected thoughts are a warning sign of driver fatigue? T/F
10. Little green men in the middle of the road may mean the driver is too tired to drive? T/F
11. On a long trip, the driver should never take a break and try to arrive at the destination as quickly as possible? T/F
12. A micro-sleep lasts for 3 to 5 seconds? T/F

Answers: 1.F, 2F, 3F, 4F, 5F, 6F, 7T, 8F, 9T, 10T, 11F, 12T

For more information on driver fatigue copy this link to: <http://www.fmcsa.dot.gov/facts-research/research-technology/topics/fatigue.htm>

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## Tips on Preventing Driver Fatigue



**Driver fatigue takes the blame for as many as 240,000 motor vehicle accidents annually in the US.**

- US National Highway Traffic Safety Administration

**As A Driver It's Your  
Responsibility To Stay  
Awake & Alert At The  
Wheel!**

## Defining & Understanding Driver Fatigue

Driver fatigue is defined as any loss of alertness, drowsy driving, and/or falling asleep at the wheel.

Any of these situations can happen when you are fatigued and driving at the same time.

The consequence of driver fatigue lead to poorer judgment, slower reaction time and decreased driving skills. Additionally it also affects memory and mood.



Drowsy driving is one of the most dangerous components of driver fatigue. It occurs while driving, causing the drivers to drift in and out of what is called 'micro-sleep'.  
**(continued in the next column)**

### Did you know;

**We have two natural sleep periods;**

1:00am to 5:00am & 1:00pm to 4pm

**We are most alert from**

9:00am to 12:00pm and 6:00pm to 9:pm

## Driver Fatigue Kills. It's your responsibility to control it!

Micro-sleep is a brief nap that lasts around **3 to 5 seconds**

As drivers we all know this dangerous state of micro-sleep. For example you cannot explain or remember the changing of lanes, or you cannot remember where your at or where your going for that quick second.

Many studies have been conducted in this area and there are many articles stating a brief lapse in conscience lasting 3-5 seconds may have catastrophic effects on your well being, the well being of others and your surroundings.

Lets just look at this report; at 55 mph. you will travel at least 100 yards.

In that 100 yards plenty can go wrong. It's enough time to run into a overpass pillar, drift off the road and crash, collide into another truck going at a slower speed, or strike down a bicyclist.

### The Main Causes of Fatigue

- **Body Clock Factors**



Working when you would normally be asleep.  
Sleeping when you would normally be awake.

- **Getting less than normal sleep**



Not getting enough sleep  
Not getting quality sleep

- **Work Factors**

High Stress, long hours, physical



Not enough time off to recoup.



- **Health Factors**

## Warning Signs of Driver Fatigue

- You cannot remember the last few miles driven.
- You cannot remember when or how you changed lanes.
- You hit the rumble strip on the side of the road.
- You allow your vehicle to drift into another lane.
- You yawn repeatedly
- You have difficulties keeping your eyes open or focused.
- You have wandering thoughts in a dream like state.
- You miss traffic signs or your exit.
- You have trouble keeping your head up.
- You tilt your head up to see under your eyelids.
- You all of a sudden wake up paranoid, gripping the wheel with no idea were you are.
- You find yourself grinning about a dream you just had while driving.

**These are the warning sings, it's time to pull over for a quick power nap!**



Safety is our business, so please call us anytime. Our safety consultants are ready and willing to provide you with real time solutions in keeping you and your employees safe in the workplace. 916-480-9942