

MOTOR VEHICLE ACCIDENT SAFETY BLITZ!

FATIGUE

17-21
OCTOBER, 2022

WHAT IS FATIGUE?

FATIGUE IS THE LACK OF PHYSICAL OR MENTAL ENERGY THAT AFFECTS PERFORMANCE.

Driver fatigue can be linked to a lack of adequate sleep, extended work hours, strenuous work or non-work activities, or a combination of several different factors.

WAKE UP!

GIVE YOURSELF SOME TIME TO BE AWAKE BEFORE JUMPING BEHIND THE WHEEL.

Incidents are highest during the first hour of driving due to the transitional state of the body between sleep and being awake. During this time, an employee's decision-making and thought processes can be impaired as the body wakes up and fights the desire to return to sleep.

DON'T SKIP SLEEP.

DRIVER FATIGUE MAKES FOR HIGHER CRASH RATES.

According to a study conducted by AAA Foundation for Traffic safety, the crash rates are significantly elevated for drivers who sleep less than 5 hours daily, have slept for less than 7 hours in the past 24 hours, or have slept for 1 hour or more less than their usual amount of sleep.

DON'T BE A STATISTIC.

DRIVER FATIGUE ADDS TO THE CHANCE OF INJURIES.

The Large Truck Crash Causation Study (LTCCS) reported that in 13% of commercial motor vehicle accidents, drivers were considered to have been fatigued at the time of their crash. The National Highway Traffic Safety Administration (NHTSA) reports that drowsy drivers are accountable for approximately 40K crash-related injuries and over 1K fatalities annually.

DROWSY DRIVING = IMPAIRED DRIVING

FATIGUE AND SLEEP DEPRIVATION SYMPTOMS ARE SIMILAR TO ALCOHOL IMPAIRMENT.

24 hours of sleep deprivation causes drivers to be as impaired as someone with a blood alcohol concentration of 0.10 percent, which is over the legal limit for driving under the influence.



DON'T CLOSE YOUR EYES. IT'S OKAY TO TAKE A BREAK.

The load won't be delivered if you and it are in a ditch. Here are some tips to help drivers remember that fatigued driving KILLS.

- Get an adequate amount of sleep so you are not driving while you are mentally and/or physically tired.
- Keep a healthy diet where you are eating healthy options, not skipping meals, or eating at odd times. Diet and when you eat can negatively affect falling asleep and having a restful sleep.
- Drink plenty of water. Dehydration will cause drowsiness.
- Avoid medications that may cause drowsiness. Several over-the-counter medicines such as allergy and cold medications can cause drowsiness.
- Avoid sleep aids that may help you get to sleep. These can make it hard to wake up and cause drowsiness throughout the next day.
- There's no such thing as an "Alertness Trick". Slapping yourself will not work. These are temporary cures and will not stop drowsiness or keep you alert.
- Recognize the signals and dangers of drowsiness: frequent yawning, heavy eyes, head nodding, and blurred/watery vision.
- If you feel fatigued or drowsy, stop the truck and get out. Movement is one of the best ways to wake up your body. If you need a nap, naps should last between 10-45 minutes.
- Utilize tools, devices, and technology that can assist with assessing a driver's susceptibility to drowsiness. Eyelid monitoring systems and lane tracking devices are just a couple that help prevent drowsiness.
- Sleep apnea could be a cause of restless sleep causing constant fatigue. If you feel you have sleep apnea, get tested and treated.
- Review the [North American Fatigue Management Program](#) for additional information on eliminating fatigue.

LESSONS LEARNED. THIS IS REAL LIFE.

DECEMBER 2021

Driver became drowsy while driving and failed to see a tractor slowly driving in the same lane on a country road. The truck ran over the tractor, killing the farmer. The truck driver sustained low back fractures, rib fractures, pulmonary contusion, lacerations to both arms, and a concussion. Cost of medical and lost time for the truck driver totaled \$174K.

APRIL 2022

Truck driver fell asleep and failed to follow a curve in the road. The truck went straight into a tree line, crushing the cab and resulting in a fatality.

