

Fighting Driver Fatigue



Key Practices

- ✓ Get enough sleep. It goes without saying that getting a good night of sleep is critical, especially before long trips. See your doctor if you are experiencing extended sleep issues.
- ✓ Leave enough time. Allow time to drive safely, including extra time if you think that you will need more frequent breaks.
- ✓ Don't forget breakfast. Give yourself time for breakfast for better energy levels.
- ✓ Avoid medications or substances that can cause drowsiness.
- ✓ Reduce cabin temperatures or turn the radio up, until you can stop for a rest break
- ✓ Reschedule if necessary. Work can always be rescheduled. Cancel trips if illness impairs driving or requires medication that can cause drowsiness.
- ✓ Take breaks if needed. If possible, pull over for a 10-minute break every two hours. It's important to stretch legs, move about, and get reinvigorated before getting back behind the wheel.
- ✓ Stop driving if you note key signs of fatigue. Pull off the road into a safe parking lot or rest area to rest or get out of the car. There is never any time lost by arriving home safely.



On a good day, driving is always a serious matter with heavy vehicles, high speeds, road conditions, and distracted drivers. Driving when fatigued only increases driving risks by reducing attention spans and reaction times. In a high speed world, the pressure to drive when tired is significant, but it's critical to recognize fatigue and to take proper actions to avoid mistakes and accidents.

Key Facts

- ✓ The National Highway Safety Administration estimates that driver fatigue is a factor in over 100,000 reported crashes a year.
- ✓ Fatigue reduces decision making and reaction time, which impacts every phase of driving.
- ✓ Don't ignore key signs of fatigue, which can include:
 - Not sleeping well at night
 - Frequent yawning or difficulty focusing
 - Drifting in your lane
 - Missing exits or signs
 - Can't remember the last miles driven
 - Difficulty focusing on simple tasks
- ✓ Fatigue may also be connected to other personal factors that are causing sleep loss, which could also lead to distracted driving, especially when it's hard to focus.