

DRIVER FATIGUE

IDENTIFYING FATIGUE:

What do you know about sleep deprivation or sleep deficiency? What is sleep deprivation? Sleep deprivation is a condition that occurs when you don't get enough sleep. What is a sleep deficiency? Sleep deficiency is a broader concept. It occurs if you have one or more of the following: you don't get enough sleep; you sleep during the wrong time of the day; you don't sleep well or get the different types of sleep that your body requires, or you have a sleep disorder that prevents you from getting enough sleep or causes poor quality sleep.

SLEEP:

To understand sleep deficiency, it helps to understand how sleep works and why it's important. The two basic types of sleep are rapid eye movement which is REM and non-rem. Non-rem sleep is commonly known as deep sleep or slow wave sleep. Dreaming typically occurs during REM sleep. Generally, non-rem and REM sleep occur in a regular pattern of three to five cycles each night. Your ability to function and feel well while you're awake depends on whether you're getting enough total sleep and enough of

each type of sleep. It also depends on whether you are going to sleep when your body is prepared and ready to sleep. You have an internal clock that controls when you're awake when your body is ready for sleep. This clock typically follows a 24-hour repeating rhythm called The Circadian Rhythm. This Rhythm affects every cell, tissue and organ in your body and how they work. Not enough sleep, sleeping at the wrong times, or poor quality of sleep, will leave you exhausted during the day. You will not feel refreshed and alert- which can cause an accident.

Sleep is a way to heal the body. That's right- sleep plays an important role in your physical health. Sleep heals and repairs your heart and blood vessels. Ongoing sleep deficiency is linked to an increased risk of heart disease, kidney disease, high blood pressure, diabetes and even stroke. Here are 10 reasons why good sleep is important: poor sleep can make you fat, good sleepers tend to eat fewer calories, good sleep can improve concentration and productivity, good sleep can maximize athletic performance, poor sleepers have a greater risk of heart disease and stroke, sleep affects glucose metabolism and type 2 diabetes risk, poor sleep is linked to depression, sleep improves your immune function, poor sleep is linked to increased inflammation,

and sleep affects emotions and social interactions.

STATISTICS:

Fatigue stat number one: you are three times more likely to be in a car crash- if you are fatigued. Also, more than 5,000 people died in drowsy-driving related crashes in 2014. Stat number three- losing two hours of sleep has the effects of having three beers. Similarly, being awake for more than 20 hours is the equivalent of being legally drunk.

Fatigue is costing us our health! Did you know adults on average need 7 to 9 hours of sleep each night? However, 30% of people report averaging less than 6 hours of sleep each night. Sleep is a vital factor in our overall health. Chronic sleep deprivation causes depression, obesity, cardiovascular disease and other illnesses. Fatigue cost employers 136 billion dollars a year in health- related lost productivity. Over 70 million Americans suffer from a sleep disorder.

FMCSA REGULATIONS:

The Federal Motor Carrier Safety Administration has regulations found under 392.3 for driving while ill or fatigued. It is there that it states-no driver shall operate a commercial vehicle, and a motor carrier shall not require or permit a driver to operate a commercial motor vehicle, while the driver's ability or alertness is so impaired, or so likely to become impaired, through fatigue, illness, or any other cause, as to make it unsafe for him or her to begin or continue to operate a commercial motor vehicle. However, in a case of grave emergency where the hazard to occupants of the commercial motor vehicle or other users of the highway would be increased by compliance with this section, the driver may continue to operate the commercial motor vehicle to the nearest place at which that hazard is removed.



COVID-19 PRECAUTIONS

1

SYMPTOMS:

- Runny Nose
- Sore Throat
- Cough
- Fever
- Pneumonia
- Difficulty breathing (severe cases)

FOOD ON THE ROAD:

- Avoid self serve areas
 - Prepare meals from home if possible
 - Use drive-thru options
- Ask for a new cup for refills

2

PROTECTING YOURSELF:

- Practice 6' distancing while in public places
- If you have symptoms stay home
- Where disposable gloves when fueling, grocery shopping, going into public areas
- Remove disposable gloves prior to getting into vehicle
- Carry hand sanitizer in vehicle use prior to eating, drinking or smoking

3

WASHING HANDS:

- Run hot water
- Wet hands, apply enough soap to cover all surfaces of the hands
- Rub hands palm to palm to develop a good quantity of foam, then rub right palm over the left hand while placing right fingers interlaced with left fingers and rub, do the same with the left palm
- Scrub your finger tips by making to partially opened fists connecting the two hands so that your right fingertips are

4

- inside your left partial fist and rub right to left, repeat with your left fingertips
- Grasp your right thumb and scrub, repeat with your left thumb
- Rub your fingertips in the palm of the opposite hand going in a circular motion, then repeat for your other hand
- Rinse hands with running water, dry hands with a towel use towel to turn off water.