



DRIVER FATIGUE

FATIGUE

As a professional driver in the Forestry Transportation Industry, it is your job to remain alert. Fatigue minimizes your level of alertness. Fatigue or lack of alertness can be just as dangerous as driving under the influence of alcohol or drugs. If you are tired, you will be prone to errors in judgment related to speed and distance. For your safety, and the safety of the public, it's important to understand some of the causes of fatigue. Lack of food, fluid or sleep can impact your level of fatigue and impact your level of alertness. Make sure you get a good solid 7 to 9 hours of sleep in a 24-hour period, depending on the individual. Find your sweet spot to make sure you get a good solid undisturbed period of sleep. If you are out of your cab, waiting to be loaded, keep moving, help on the job, or take a short walk. Exercising regularly can boost your energy level.

ACUTE FATIGUE

With acute fatigue you may find yourself saying something like this, "I shouldn't have stayed out with the guys last night, I'm beat!" This acute situation can be rectified with a good night's sleep, and then you will be back to normal. As a professional driver, you should guard against taking the risks during your workweek that will put you in an acute fatigue situation. No matter what the cause, the danger exists, and it is your job as a professional driver to recognize the signs of acute driver fatigue.

CHRONIC FATIGUE

Chronic fatigue may be a medical issue, or the result of poor daily habits with regards to diet, exercise, and sleep. There are many causes of chronic fatigue that can be treated successfully. Once a medical issue is ruled out, a change in habits to promote a healthy lifestyle is in order.

CURTAIL FATIGUE

The following are some tips on how to avoid acute driver fatigue:

- Go to bed at the same time each night and avoid naps.
- Avoid the use of reading devices, cell phones, or computers before bed. Devices that emit light can make it harder to fall asleep.
- Avoid caffeine, alcohol, and nicotine late in the day. Caffeine and nicotine are stimulants which can impact your sleep patterns. When drinking alcohol, it is a depressant which can wear off and wake you up in the middle of the night.
- Exercising during the day give you a more rested night's sleep. Avoid exercising later in the day which can act as a stimulant and keep you up.
- Don't eat a heavy meal late in the day.

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.

- Make your bedroom comfortable and quiet.
- Keep a nighttime routine leading up to bedtime.
- If you have too many things on your mind, get up and create a to-do list, then go back to bed.

SLEEP APNEA

Sleep Apnea is a condition that can cause you to become fatigued. If you are feeling fatigued often and have been told you are a snorer by someone close to you, you may be suffering from sleep apnea. A good night's sleep can be disrupted by sleep apnea which is a medical condition where the person stops breathing, then wakes up choking or gasping for air. People suffering from sleep apnea very rarely experience a good night's sleep. A visit to your doctor and testing will determine if you need to be treated for this life-threatening condition.

INSOMNIA

Insomnia is difficulty falling asleep and staying asleep. It can be labeled acute, or chronic. This will lead to short term or acute fatigue, or long term, chronic fatigue. When identified as a chronic disorder it can impact your ability to do your job safely. If you suffer from chronic insomnia, you must see a doctor. It can be extremely dangerous for you to get behind the wheel of a CMV. There are treatments available to help you be the best driver possible.

SIGNS OF CHRONIC INSOMNIA

- Difficulty falling asleep
- Once asleep you find yourself waking up with trouble falling back to sleep
- Waking up very early in the morning
- When you sleep, you don't feel rested
- Low energy and chronic fatigue
- Difficulty concentrating.

STAYING HEALTHY AND ALERT

Eating Healthy - Avoid carbohydrates that can spike your sugar causing your energy to dip after the sugar high disappears. Enjoy a diet high in protein. It will give you energy that will endure throughout your work shift. Putting thought into your food choices ahead of time can keep you more alert and healthier.

Staying Hydrated- Staying hydrated is key to staying alert. Drink lots of water while on the road. Avoid beverages that contain sugar. Water is the best choice when working to maintain hydration.

Stress- Stress is the emotional or mental strain that is brought on by an individual experiencing ongoing adverse circumstances in their professional, or personal lives. Prolonged stress can weaken your immune system leading to other health issues. Some of the signs of prolonged stress are headaches, changes in appetite, chronic pain and frequent illnesses can be signs of prolonged stress. Listen to your body and work to reduce the stress in your life before it leads to larger problems.

Name: _____

Date: _____

Team Safe Trucking's mission is to reduce accidents through enhanced driver training and effective fleet management and to recruit new, safety-focused drivers to deliver a sustainable and profitable supply chain.