

Tool-Box Talk for Commercial Drivers

Driver Fatigue

Driver fatigue is an important issue for everyone, especially commercial truck drivers. Fatigue is often suggested as the reason why a driver drifted off the roadway and crashed, especially if the crash occurred during certain hours of the day. The following information has been compiled to assist companies and drivers in recognizing and combating driver fatigue.



Actual photographs of crash. Photographs property of KY FACE Program

Video & Report

The video is based on a KY FACE report describing a driver who fell asleep, crashed, woke up, and told emergency services that he fell asleep before he died. A link to the report is also included.

<http://www.screencast.com/t/OiwTVwwlCiDc>

<http://www.mc.uky.edu/kiprc/projects/KOSHS/face/data/Reports/11KY009.pdf>

Ways to Combat Fatigue

Stay hydrated; drink plenty of WATER
Get adequate rest
Take frequent rest and exercise breaks
Schedule rest breaks into routes
Vary routes

Avoid consumption of alcohol
Avoid sugary drinks/food
Avoid taking cold, flu, allergy medications
Limit caffeine

Resources

Federal Motor Carrier Safety Administration <http://www.fmcsa.dot.gov/facts-research/research-technology/publications/pilot-test/pilottest-fmt-finalreport.htm>

Work Safe, Department of Consumer and Employment Protection, Western Australia: "Developing A Fatigue Management Plan For Commercial Vehicle Drivers And Operators"

<http://www.safetyline.wa.gov.au/pagebin/mechhazd0025.pdf>

Washington State Department of Transport <http://www.transport.wa.gov.au/freight/1628.asp>

Please give us your opinion of this toolbox by completing the survey at this link:

https://www.surveymonkey.com/s/Toolbox_Talk_Fatigue