

Fatigue - The Silent Killer

Toolbox Talk – Worksheet

Driver fatigue is a major cause of road crashes in our region and is one of the 'Fatal Five'. This does not need to be the case as fatigue related crashes CAN be prevented. We just need to acknowledge the early warning signs and make smart, safe decisions. Those decisions may save your life, and someone else's too.

1. What are the warning signs of fatigue?

Often, by the time you notice the warning signs you are already fatigued, you should pull over and rest. Second wind is a misnomer; in fact, your brain has already switched off the alarm signals to try and conserve energy. You are still fatigued; you're just not receiving the warning signals.

2. Have you ever felt like you were about to fall asleep while driving?

- a) Yes
- b) No

3. What did/do you do when you realise you are fatigued?

4. What should you do to avoid or manage fatigue while driving?

Things can change in the blink of an eye. As soon as you feel the signs of fatigue, pull over. Don't assume you can 'push' through, that one moment of microsleep may prove to be fatal. It may be frustrating to delay your trip, however, the alternative of not making it home at all is far worse.



**DRIVER
FATIGUE**



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Fatigue Facts

What are the warning signs of fatigue?

Warning signs

- Yawning
- Blinking more than usual
- Sore eyes
- Feeling drowsy, tired or exhausted
- Head nodding

Danger times

- Blurred vision – inability to focus
- Head nodding – Microsleeps
- You don't remember the previous few minutes of driving
- Lack of concentration
- Drifting within your lane or over lanes
- Changing speed without reason
- Experience slower reaction times

How to avoid fatigued driving

- Ensure you have sufficient rest, and sleep
- Avoid driving at times you're normally sleeping
- Avoid long drives after a day's work
- Understand the effects of any medications that might affect your driving
- Take regular rest breaks on long trips – at least 15 minutes every 2 hours
- Avoid driving for longer than 10 hours in one day
- Acknowledge the warning signs of fatigue – stop!
- Share the driving

REST or R.I.P.



Watch our Fatigue Video

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