



Why it matters

- Fatigue is human and affects everyone
- Contributes to 40% of truck accidents¹
- Professional drivers manage this risk
- Fatigue can sneak up on you

What this covers

- ✓ What is fatigue
- ✓ Why it's a risk to drivers
- ✓ How to address the risk

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What is fatigue?

Reduced alertness

Making mistakes (speed, lanes, curbs, gear changes)

Slower reaction times

Reduced ability to assess situations

"Feeling overtired, with low energy and a strong desire to sleep that interferes with normal daily activities"

Driver warnings

1

Most people often can't assess their own fatigue accurately or how their performance is downgrading.

2

Studies show if you've been awake for 17 hours you have the same level of impairment as a drunk driver (blood alcohol concentration of 0.05).²

3

Studies show that up to 41% of professional drivers have treatable, but undiagnosed sleep apnoea.*³
*sleep disorder that reduces your quality of sleep.

Causes of fatigue

Not enough, or low quality sleep

Working too many hours

Dehydration or poor diet

Underlying health issues

What drivers can do

Get a good night's sleep

Maintain a healthy diet

Regular exercise

Take frequent breaks

Take a pre-drive/mid-drive nap

Limit Caffeine

Stay hydrated - drink water

Adjust your environment

Get regular health check-ups

1. <https://www.nts.gov/safety/safety-studies/Pages/SS9502.aspx>

2. D.B. Boivin and P. Boudreau, "Impacts of shift work on sleep and circadian rhythms," Pathologie Biologie, no. 62, pp 292-301, 2014. www.ncbi.nlm.nih.gov/pmc/articles/PMC1739867/

3. Sharwood LN; Elkington J; Stevenson M; Grunstein RR; Meuleners L; Ivers RQ; Haworth N; Norton R; Wong KK. Assessing sleepiness and sleep disorders in Australian long-distance commercial vehicle drivers: self-report versus an "at home" monitoring device. SLEEP 2012;35(4):469-475.<https://academic.oup.com/sleep/article/35/4/469/2558854>