

#EYESUPNZ

Fatigue The Silent Killer

TOOLBOX TALK









Fatigue contributes



of all heavy truck accidents*

*Source: www.ntsb.gov/safety/safety-studies/Pages/SS9502.aspx













The trend is not improving. Our industry needs to change.













Fatigue affects everyone

FOR DRIVERS FATIGUE MEANS



slower reaction times



reduced ability to assess situations













Why do we still think it won't happen to us?













Warning fatigue can sneak up on you

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

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)*

*Source: www.nrspp.org.au/product/heavy-vehicle-toolbox-talks-shift-work













Truck driver fatigue Is often caused by...



Not enough or low quality sleep



Working too many hours



Dehydration and poor diet

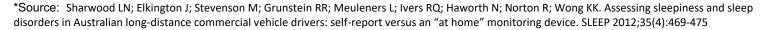


Underlying health issues



Studies show that up to 41% of professional drivers have treatable, but undiagnosed sleep apnoea*.

(Sleep disorder that reduces your quality of sleep)















SIGNS OF FATIGUE

Have you recently found yourself doing any of the following when driving...













Frequently yawning

Struggling to keep your eyes open

Head nodding (head hitting your chest or backrest)

Having difficulty maintaining speed

Drifting in and out of your lane

Making poor gear changes

Making more mistakes

(e.g. under turning, nicking curbs)

Daydreaming

(e.g. no recollection of the last 10kms)

Slower reaction time



























Educate, inform, and train (leaders, dispatch, and drivers). Organise shifts, rosters, etc to address contributing causes. Remember workers still have to drive home.

Create a culture that insists on proper fitness to drive checks, and taking breaks (scheduled and as needed).

Prioritise
wellbeing e.g.
breaks, health,
sleep, diet, etc.



























Get a good night's sleep

> Than seven hours of sleep a night to function at their mental and physical best .

Maintain a healthy diet

Shop for and choose healthier alternatives, e.g. bringing food from home. Eat smaller proportions throughout the day. Try snacks like almonds and apples.

Regular exercise

Keeping a healthy weight, getting the blood flowing and keeping fit help you sleep well, and increase alertness and energy.

Take frequent breaks

Use breaks to stretch, go for a short walk, get some fresh air, and/or get change of scenery.

Take a pre-drive/mid-drive nap

If you didn't sleep enough or feel fatigued, make time for a short power nap. Nasa recommend 26 minute power naps, or even quietly resting your eyes can do the trick!













Limit Caffeine

Caffeine drinks can be helpful - in moderation. However, it can lead to a "caffeine crash" or becoming more tired than before consuming the caffeinated beverage. Use sparingly.

Stay hydrated

Drowsiness and headaches can be a result of dehydration. Water has natural properties that will help you feel awake. So, drink water throughout your trip.

Adjust your environment

Keep the temperature cool, listening to upbeat tunes or talk radio/audio books, placing the seat in a new position, keep fresh air flowing

Get regular check-ups

More drivers than average people have weight, heart, cholesterol, diabetes, sleep disorders, or mental health issues. Regular check-ups will help you keep your body/mind in top shape.



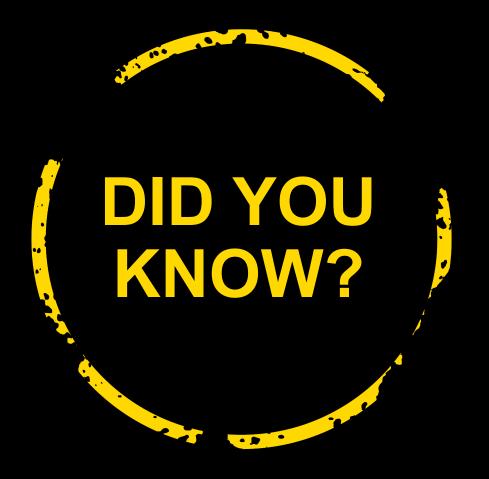












Sleeping 6 hours a day for 14 days



going without sleep for 24 hours

Your body's performance deteriorates the same















Get daily exercise

Take a rest from devices

A relaxing
pre-bed
routine
(e.g. warm shower,
read a book)

Set up the room; dark, quiet, cool temperature















Fatigue affects everyone

The culture of our industry needs to change

Keep your body/mind running in top condition

Professional drivers recognise fatigue risk and proactively manage















- What do you think stops drivers taking breaks?
- How many people have actually admitted being unfit to drive?
- How could we better support (not punish) fatigued drivers?











