



Fatigue

ALERT= SAFETY

Fatigue prevention starts with proper trip planning by the driver.

When driver is dispatched, they plan their trip accordingly. Rest breaks need to be scheduled.

The most dangerous aspect of driver fatigue is falling asleep at the wheel. Fatigue related crashes are more common on rural highways than on urban roads. Reasons for this are:

- (1) Average trip length is longer,
- (2) Inattention and drowsiness are brought on by constant speed and monotony.

Some warning signs of fatigue are:

1. Failure to remember last few miles driven.
2. Wandering or disconnected thoughts.
3. Difficulty focusing.
4. Drifting from lane to lane.
5. Yawning repeatedly.
6. Tailgating or missing signs.
7. Jerking back into lane.

Drivers need to recognize these signs; find a safe place to stop and take a rest break.

Drivers may be at risk when driving long distances without proper rest breaks.

A driver needs to take proper prevention methods to avoid becoming fatigued.

Drowsy Driving Prevention Tips:

1. Get a good night's sleep.
2. Schedule regular stops.
3. Avoid medications that may impair performance.
4. Seek medical assistance for a suspected sleep disorder.

Every driver's abilities are different. Driver's need to pay attention to their limitations. Do not deprive yourself of sleep. When your body tells you it is time for rest, do it.

A load can be re-scheduled or interchanged.

Remember these Security Tips:

While on the Road

- Be alert when leaving a terminal, receiver, shipper and even a truck stop. Criminal elements could be watching or following your unit.
- Don't discuss your cargo, destination, or other trip specifics on CB channels or near people you don't know.
- If you believe you are being followed, call 911 or Compliance, Safety and Security immediately.
- Avoid being boxed in. Where possible leave room in front and behind your unit.
- Always pad lock your trailer.
- If you stop in route try to avoid unsafe or high crime areas. Never leave your vehicle running, shut off the engine, secure the brake valve lock, take your keys and lock the door.
- Upon returning check the trailer doors for tampering, tires, and ensure the 5th wheel is securely latched.