

FATIGUE

ALERT = SAFETY



Contributing Factors:

- Extended periods of driving without breaks.
- Constant speeds and monotony.
- Lack of exercise.
- Not managing time properly.

Prevention:

- Obtain uninterrupted sleep during rest periods.
- Plan your trip properly.
- Schedule regular stops.
- Avoid anything that may promote fatigue (medicines, alcohol, big meals, etc.)



Warning Signs:

- Difficulty focusing.
- Drifting from lane to lane.
- Yawning repeatedly.
- Wandering or disconnected thoughts.

Compliance and Safety Awareness

Corporate Compliance & Safety

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