DRIVER FATIGUE

Why it matters



Fatigue is human and affects everyone **Contributes to 40% of truck accidents**¹ 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



Learn more at autosense.co.nz



What is fatigue?

Reduced alertness

Slower reaction times

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

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

Causes of fatigue

Not enough, or low quality sleep

Working too many hours

Dehydration or poor diet

Underlying health issues

https://www.ntsb.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

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

Reduced ability to assess situations

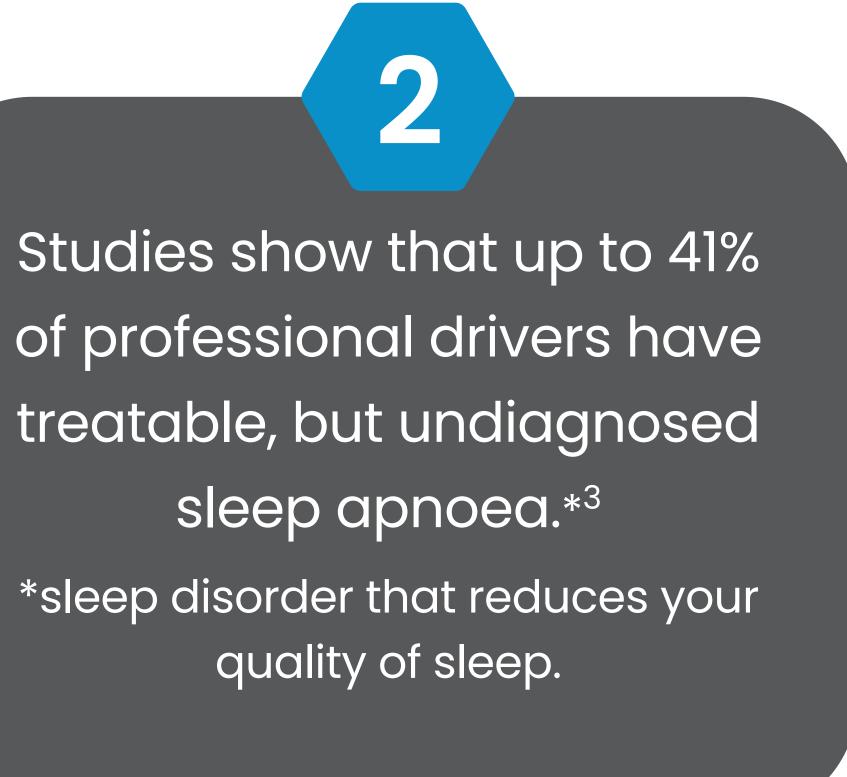
Driver Warnings

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

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What drivers can do

| Get a good night's sleep | Limi |
|--------------------------------|------|
| Maintain a healthy diet | Stay |
| Regular exercise | Adju |
| Take frequent breaks | Get |
| Take a pre-drive/mid-drive nap | |



nit Caffeine

y hydrated – drink water

ust your environment

regular health check-ups