



FATIGUED DRIVING

AUG 2023

LENGTH 2–5 minutes

TO PREPARE Read the background information.
Set up video of Rick and Scout.

BACKGROUND

- When you talk to your employees and drivers about fatigued driving, make sure they understand the warning signs of being too tired to drive and the proven methods to combat drowsiness.
- According to the National Safety Council, 43% of working Americans are not getting at least seven hours of sleep nightly.
- The Bureau of Labor Statistics reports that 16% of full-time employees in the U.S. work on shifts. Other workers are at risk of driving while sleepy as well, including those who work long hours on tedious tasks and parents and caregivers.
- Head-bobbing is one serious sign of driving while sleepy. Once a driver is experiencing the head-bob, their driving is already impaired.
- If time permits, review the Rick and Scout video with employees after discussing other signs of drowsiness. (See link on next page.)
- As an employer, learn more about how fatigued employees impact your costs by visiting <https://www.nsc.org/forms/real-costs-of-fatigue-calculator>

DISCUSSION

- We live in a GO-GO-GO world, and sometimes we don't realize when we've pushed ourselves too far.
- Sleep seems too far off and we still have things to do.
- Did you know that driving fatigued is just as dangerous as driving buzzed, or even driving drunk?



What are some signs that you are too tired to drive?

- Yawning and frequent blinking
- Missing your exit
- Difficulty remembering the past few miles



TRAFFIC SAFETY Huddle



- Drifting from your lane
- Hitting a rumble strip on the side or middle of the road



What happens to your ability to drive when you are too tired?

- You are less able to pay attention to the road.
- You have slower reaction time.
- Your ability to make good decisions is affected.



If you think you are too tired to drive, what can you do?

- Don't drive, pull over.
- Take some time to rest. Research shows a 20-minute nap will help—at least temporarily. Communicate with your supervisor.
- Avoid driving too fatigued by planning ahead. On long trips, plan breaks at least every two hours.

OPTIONAL DISCUSSION

Rick and Scout (video)

Most drivers have driven fatigued. Ask your workers if they have experience with any of the Drowsiness Detection technologies mentioned in the video. These technologies are designed to combat fatigued driving. Let them discuss their experiences.

- <https://youtu.be/0SZPKW5QdGY>

SUMMARY

- Know the signs of being too sleepy to drive, like yawning, head-bobbing and hitting rumble strips.
- Driving fatigued is preventable by getting enough sleep.
- When you are tired, pull over for a 20-minute nap.
- Plan to stop every two hours for a break when driving long distances.