



FATIGUE MANAGEMENT

The only cure for sleepiness is sleep. Professional truck drivers must get an adequate amount of sleep before driving. Only about 1/3 of adults get the recommended 7-9 hours of uninterrupted sleep each night and truck drivers average less than 5 hours per night. No matter how long you've been a truck driver, or how many miles you've logged, you're not a machine. You're human and you need sleep! You know that it requires a clear mind and a steady hand to control your vehicle. Getting the proper rest and taking care of your health plays a tremendous part in overall safety.



Warning Signs of Fatigue

- * Frequent yawning and/or fidgeting
- * Feeling irritable or restless
- * Missing signs or driving past your exit
- * Inability to remember the last few miles driven
- * Back tension, burning eyes, shallow breathing
- * Difficulty maintaining a constant speed
- * Your eyes start to play tricks on you – i.e. a sign might look like a person
- * Difficulty concentrating on one thing for more than a few seconds
- * Tailgating, drifting or weaving across the lines or off the road hitting the rumble strips

Tips to Prevent & Reduce Fatigue

- * Get a good night's sleep and take regular breaks
- * Recognize the warning signs
- * Plan routes ahead of time to minimize driving
- * During breaks, take time to walk around & stretch as exercise helps to produce energy and combat fatigue
- * Reduce caffeine intake, which overstimulates the body & mind, interfering with sleep and increasing anxiety.
- * Glare from the sun causes eye strain, which contributes to driver fatigue. Use a good pair of sunglasses and keep your windshield clean.
- * Avoid heavy meals. It is better to stop and eat small light meals every so often than to eat a large meal once.



Lance
Pittenger

... is the lucky winner of the gift certificate this month for turning in his signed newsletter.

Safe Driver Award Winners 2018-2019

Congratulations!

Rick Bryant	Tim Minarik
Dan Connour	Rod Prior
Jim Flater	Don Stotler
Rob Fooockle	Donna Straitiff
Dale Johnson	Kevin Straitiff
Phil Longcor	Lance Surface
	JR Weedman

I have read and understand the above information regarding "FATIGUE MANAGEMENT".

Signature

Date



PLEASE
SIGN
AND
RETURN.