



ROAD VEHICLE DRIVER FATIGUE KILLS

*Every week around **200** road deaths and serious injuries involve someone using the road for work purposes. It is estimated that driver fatigue may be a factor in up to **20% of all road accidents** and up to a quarter of fatal and serious accidents.*

Your employer has a **duty of care** to ensure that you are fully alert when driving on the road for work. This means ensuring that your schedules are well planned and sensibly routed, with adequate time for rest breaks.

Drivers share a responsibility to manage their sleep and alertness to ensure fitness to drive.

Avoid driving between the hours of **2am-6am** unless absolutely essential. Be aware that people are also generally more sleepy between **2pm-4pm** – if you must drive at these times, make sure you are adequately rested.

Check company provisions for **overnight accommodation** or **alternative transport**. Combined work and travel time should ideally allow for 12-14 hours of daily rest. A 14-hour maximum door-to-door time is for use in exceptional circumstances only. For staff working a 12-hour rostered shift, travel to and from site should be no more than one hour each way.

Plan time for a **15 minute** break **every two hours** of driving.

Make sure you do not have a **sleep disorder** or **other medical condition** that could affect your ability to drive safely.

Poor concentration, repeated yawning, heavy eyelids, head drooping, restlessness, boredom, lane drifting, poor speed or steering control, slower reactions – these are **symptoms of a microsleep**. You need to stop driving long before you reach the point of being at risk of falling asleep at the wheel.

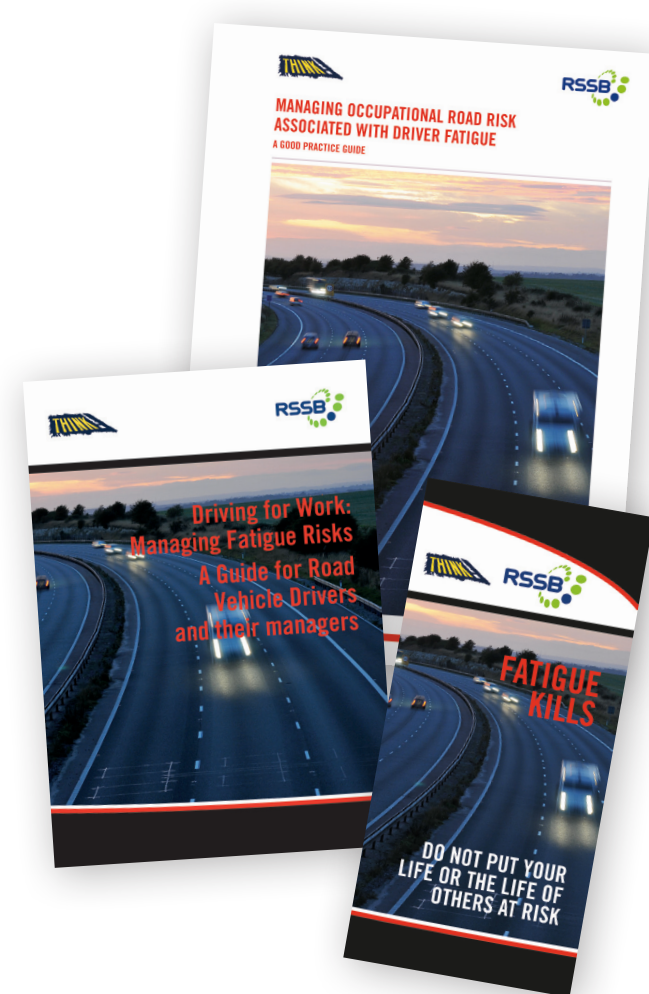
If you start to feel sleepy get off the road **as soon as possible** and find somewhere safe to stop (not on the hard shoulder).

Do not rely on opening the window, turning up air conditioning, listening to radio or music, or conversation to keep you awake – these are not effective countermeasures to fatigue.

The ideal activity when fatigue is experienced is a proper sleep. But drinking two cups of strong coffee, or a high caffeine drink, following by a nap no longer than 20 minutes is an effective **emergency countermeasure** to fatigue that will help get you to a safe place where you can get proper sleep.

DO NOT DRIVE IF YOU ARE SLEEPY - YOU MAY NEVER ARRIVE AT YOUR DESTINATION, OR FACE OTHER CONSEQUENCES

If you kill someone when tired behind the wheel, you may be charged with causing death by dangerous driving, which has a maximum penalty of **14 years in prison**.



Copies of the summary leaflet and guidance produced by RSSB containing more information and tips on reducing road vehicle driver fatigue are available from your local manager.

A REST BREAK ALONE WILL NOT OVERCOME THE NEED FOR SLEEP. PROPER SLEEP IS THE ONLY REAL CURE FOR SLEEPINESS.