



SAFETY ALERT



Managing Your Fatigue at the Busiest Time of the Year

So many industries shut down for Christmas, but not transport.

In fact, the lead up to Christmas and working through the holiday season can create a more hazardous work environment for drivers. Extra demands on everyone's time during December can also result in less sleep and down time, both of which can contribute to fatigue, which is major cause of road accidents and fatalities.

The facts on fatigue:

- ☺ Start between 6am-8am to achieve the greatest alertness levels
- ☹ Driver drowsiness and impairment are much higher when driving at night.
Danger times are between 10pm and 5am, between midnight and 3am and after eight or more hours of driving.

Your risk of drowsiness increases....

- After 15 hours of day driving (when a driver starts a shift before 9am);
- After 6–8 hours of night driving (when a driver starts a shift in the afternoon or evening);
- With Shifts:
 - After five consecutive shifts when driving again for over 13 hours;
 - When driving an early shift that starts after midnight and before 6am;
 - During the first 1-2 night shifts a driver undertakes and during long night shift sequences;
 - With a backward shift rotation:
 - After long shift sequences of more than seven shifts;
 - During nose-to-tail shifts where a seven-hour break only enables five hours of sleep

Do you know the signs of fatigue and how it can affect you and your driving?

You

- A lack of alertness
- Inability to concentrate
- Making more mistakes than usual
- Drowsiness, falling asleep or micro-sleeps
- Difficulty keeping your eyes open
- Not feeling refreshed after a sleep
- Excessive head nodding or yawning
- Blurred vision
- Mood changes
- Changes to personal health or fitness

Your driving

- Near miss or incident
- Not keeping in a single lane
- Not maintaining a constant speed
- Overshooting a sign or line
- Poor gear changes

Know these signs and if you experience any of them, take a break and contact your base



Best Wishes for a Safe & Happy Festive Season from CoR Comply

Need some help with Chain of Responsibility?
Contact us on 1300 881 930 or info@corcomply.com.au
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