

Driver Fatigue

SAFETY AWARENESS KEPT SIMPLE

Safety Talk Delivery Pack

This Safety Talk contains:

- 7 - Page Talk Text
- 9 - OHP Presentation Slide Pack
- 18 - A5 talk Handout Sheets
- Assessment and Assessment Answers Sheet
- Employee Attendance Register
- A “How to Present Safety Talks Guide”

Using the talks (Extract “How to Present Safety Talks”):

Plan which topic you want to discuss with your team.

Read through the script before you hold the meeting to familiarise yourself with the material.

Start the talk with a comment that makes the topic relevant to the team. For example, if you have seen a number of people using ladders incorrectly, use this as your opening comment.

Follow the script but don't read straight from the page. The script is only a prompt and it will sound better if you use your own words.

Ask the questions as they appear in the script. It is important you do this because they are a lead in to the next section of your talk.

Give the team enough time to answer the questions. Safety talks can be boring for the team if you are the only one talking.

Hand out the information sheets as they appear in the script. Don't hand out all the information sheets at the start of the talk otherwise there is a temptation for the team to read ahead and not listen to the points you are making.

Collect the information sheets at the end of the talk so they can be used again.

To obtain your Safety Talk Delivery Pack go to: www.smartsafe.com.au

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INTRODUCTION

Many fatal crashes are caused by driver fatigue. The extent that fatigue contributes to traffic accidents is higher than statistics indicate. Fatigue will seriously impair your driving ability long before you become drowsy.

Some of you work in remote areas and need to travel long distances to get to work. It is vitally important that you recognise the signs of fatigue and take the necessary precautions to reduce the chance of having a vehicle accident.

It is your responsibility to stop and rest when you realise that you are becoming fatigued.

LEARNING OUTCOMES

By the end of this talk you will understand:

- the symptoms of fatigue;
- the causes of driver fatigue;
- how fatigue affects driving;
- how to prevent fatigue; and
- what to do when you are fatigued.

THE SIGNS OF FATIGUE

Once fatigue sets in, the only way to improve your concentration is to sleep.

	<i>“What are the signs of fatigue setting in?”</i>
	Hand out sheet 1 – The signs of fatigue

The signs of fatigue are:

- feeling cramped or fidgety;
- your vehicle wandering on the road;
- your speed varying;
- overtaking vehicles startling you;
- yawning constantly;
- giddiness;
- your mind is wandering;
- your eyelids are heavy; and
- you are impatient.

An alert and healthy driver is aware of the vehicle’s performance, reacts to a given situation with the correct actions and feels little or no stress.

Colds, flu and headaches can impair your ability to concentrate. Your reactions will be slower and you may misjudge situations.

Falling asleep at the wheel causes many deaths and serious accidents. Long before a driver falls asleep, fatigue can seriously impair his or her driving ability.

Weariness is more dangerous when driving in your normal sleep time. Fatigue is frequently felt at the onset of darkness. Visibility is reduced and there is a higher risk of accidents, even for an alert driver.

THE DANGEROUS HOURS

Nearly twice as many people are killed at dusk than during the daylight hours.

	Hand out sheet 2 – The dangerous hours
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Sample OHP Presentation Slide

Sheet 1 – The Signs of Fatigue



- You are impatient.
- Feeling cramped or fidgety.
- Your eyelids are heavy.
- Your vehicle wandering on the road.
- Your speed varies.
- Your mind is wandering.
- Overtaking vehicles startling you.
- Yawning unavoidably.



Sample A5 Handouts

Sheet 6 – Night Driving



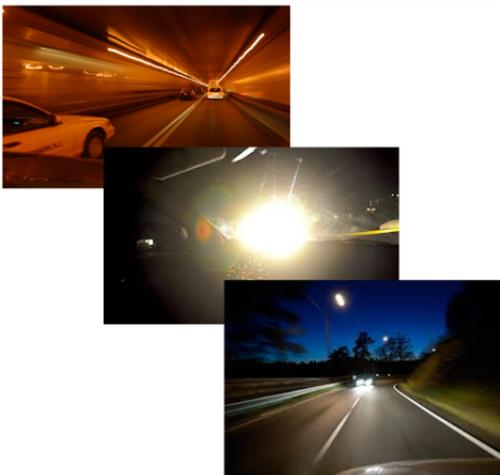
Night driving precautions include:

- allowing more distance between you and the next vehicle;
- driving slower;
- keeping windscreens and mirrors clean; and
- making sure your load doesn't affect the position of your lights.

Note: Loading of vehicles and trailers can raise the position of your headlights to an extent that, even on low beam, your lights can blind oncoming drivers.



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