

# Fatigued Driving



*Roughly 35,000 people die on American highways each year. Vehicle accidents are the number one killer of employees and are the largest safety issue faced by employers. Review these safety tips with your employees.*

## Tool Box Tips

### BEFORE THE TRIP

- Plan ahead as rushing can easily result in an accident.
- Get plenty of sleep.
- Check the forecast and leave early if bad weather will be encountered.
- Plan the route. Know where congestion and construction is happening.
- Plan for potential needs or problems.
- Relax and remember that a traffic accident will cause more wasted time.

### THE IMPORTANCE OF REST

- Get a sufficient amount of sleep before a trip.
- Stop at regular intervals to stretch out and refresh.
- If you are drowsy, stop for a 30 minute nap.
- Make stops for coffee or a cold drink.

### SIGNS OF DROWSY DRIVING

- Eyes close off and on.
- Can't keep your head up, head bobbing.
- Can't stop yawning.
- Wandering, disconnected thoughts.
- Don't remember driving the last few miles.
- Drifting between lanes.
- Tailgating.
- Missing traffic signs.
- Jerking the car back into the lane.

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