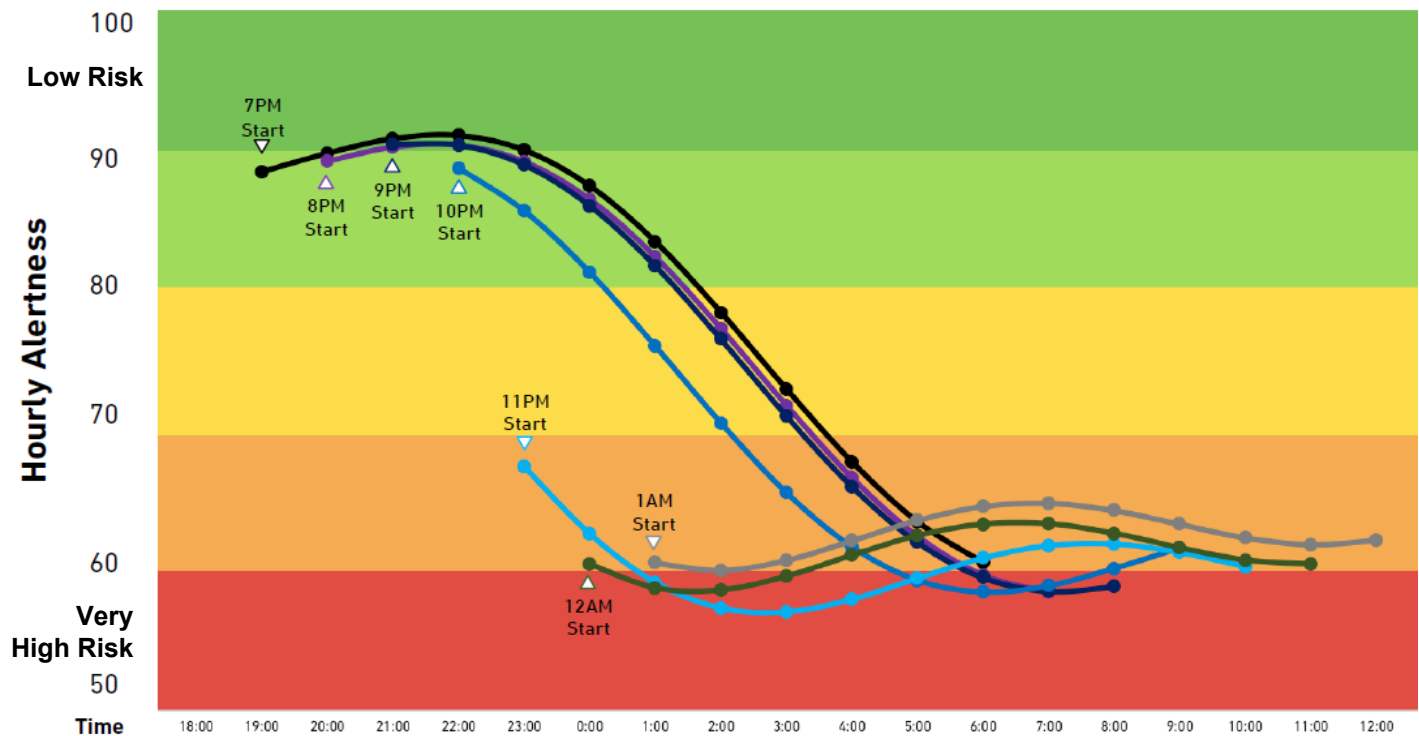


DUTY START TIMES and RISK

Hourly on-duty risk can vary significantly depending on duty start time. This chart will help determine when alertness is reduced - resulting in a higher risk of a fatigue related incident.



Strategic caffeine use - Caffeine can give you a temporary boost but try to avoid it within 5-8 hours of bedtime as it may impact your sleep.

Take a rest - Try to rest with a 15-20 minute break (i.e. while waiting to get loaded or unloaded.)

Physical activity - Get out and walk around when you can (i.e. while waiting in line to get unloaded.)

Optimize your sleep opportunity - Schedule your sleep period so it ends as close to shift start as possible.

The above data analysis has been provided by Fatigue Science and is based on the 2016/17 Log Hauler Fatigue Research Project



Safe Driving is
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