



Trucking & Harvesting Advisory Group

## Driving For Safety

# Managing Fatigue

- 1) **Prioritize sleep** — get as much sleep as you can, ideally eight hours
- 2) **Consistent routine** — Keep your routine consistent even on days off.
- 3) **Prepare your sleep environment** — make you room cool, dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
- 4) **Strategic caffeine use** — caffeine can give you a temporary boost in energy but try to avoid it within 5-8 hours of bedtime , as it may impact your sleep.
- 5) **Take a rest** — if the chance presents itself while on duty take a 15-20 minute rest but no more than 20 minutes or you will find yourself more tired.
- 6) **Physical activity** — during your shift get up and walk around when you can i.e. truck inspection while waiting in line to get loaded or unloaded.
- 7) **Bright light** — getting exposure to bright light can help make your body more alert. Spend an extra few minutes in the scale shack or turn on the cab light while stopped/waiting to keep your self alert.
- 8) **Optimize your sleep opportunity**
  - 5 hours before bed: no more caffeine
  - 3 hours before bed: limit strenuous activities
  - 3 hours before bed: finish eating
  - 2 hours before bed: limit fluid intake
  - 1 hour before bed: turn off electronic devices and dim your lights

Safe Driving is Good Business