

DROWSY DRIVING: BATTLING FATIGUE ON THE ROAD

Driver fatigue, often called "drowsy driving", is a state of physical and mental exhaustion that can seriously affect your ability to drive safely. When you're fatigued, your alertness drops, your concentration weakens and your reaction time slows down, all of which can impede your ability to respond to hazards on the road.

Understanding driver fatigue means recognizing what causes it, recognizing the symptoms, and the knowing the risks it brings to road safety. These effects are particularly dangerous in manufacturing environments where alertness is critical. Even a brief lapse in attention could result in a serious incident. And it's not just at work — fatigue can also affect your commute home, putting you and others at risk.

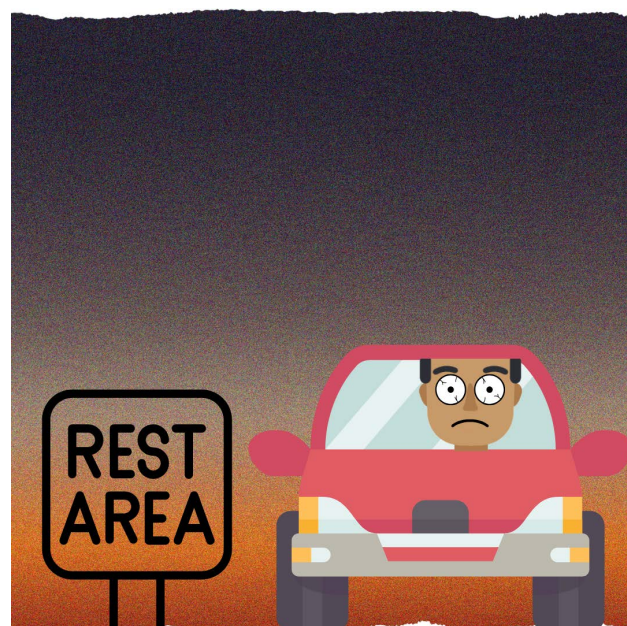
SAFETY TIPS FOR HELPING WITH FATIGUE:

- CAUSES / SYMPTOMS
- FATIGUE PREVENTION
- WORKPLACE IMPACT



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CAUSES OF FATIGUE:

Fatigue can stem from a variety of factors, including:

- Sleep disorders or poor sleep quality
- Long or demanding work schedules
- Medications or substances that cause drowsiness
- Alcohol use
- Long driving trips
- Driving during the body's natural rest periods (such as early mornings or after a late shift)
- High stress levels and irregular work shifts

SYMPTOMS OF FATIGUE:

Fatigue tends to build gradually and can show up in different ways including:

PHYSICAL

- Frequent yawning or heavy eyelids
- Blurred vision or difficulty keeping your eyes open
- Muscle weakness and body aches
- Headaches and/or dizziness

BEHAVIOURAL

- Difficulty staying focused or keeping in your lane
- Frequent blinking or rubbing your eyes
- Daydreaming or zoning out
- Nodding off or missing road signs

COGNITIVE

- Slower reaction times
- Poor decision-making
- Memory lapses and difficulty concentrating

TIPS FOR PREVENTING FATIGUE:

- Take regular breaks during long shifts or drives
- Get enough sleep before operating vehicles or heavy machinery
- Stay hydrated, stretch periodically, and eat light, nutritious snacks to stay alert

WORKPLACE IMPACT:

Fatigue doesn't just affect driving — it can impact overall performance at work. It can lead to:

- Lower productivity
- Increased errors
- Higher risk of incidents

To help manage fatigue, review your workplace's policies around shift scheduling, break times and other resources that support rest and alertness. Promoting a culture of safety and well-being is key to maintaining a healthy and efficient work environment.

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