



WAKE UP CALL: ANY OF YOUR EMPLOYEES COULD BE AT RISK FOR DROWSY DRIVING

It's Day 3 of Drive Safely Work Week™! Today, we zero in on drowsy driving—how to address it from the workload planning perspective and how to recognize the signs and what to do about it from the driver's perspective.

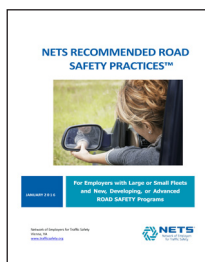
Fatigue influences the capability and motivation to drive safely. Symptoms of fatigue include: reduced alertness, longer reaction times, memory problems and less efficient information processing. As highlighted on Day 2 of DSWW, sleep disorders such as Obstructive Sleep Apnea, insomnia and restless legs syndrome may also contribute to fatigue. Although individuals at high risk for sleep disorders tend to be over 40 and overweight, sleep disorders can and do affect people of all ages and body types.

FOR ALL DRIVERS—INCLUDING COMMUTERS

Keep the issue of drowsy driving front and center among all drivers (commuters, too) by presenting “safety minutes” during regular meetings:

- ✓ Discuss the causes, signs, and consequences of drowsy driving
- ✓ Educate and reinforce that sleep is the only effective measure to combat drowsiness (caffeine and power naps are temporary)
- ✓ Encourage employees to assess their lifestyle and sleep habits to identify areas for improvement

*Additional information on workload management and drowsy driving may be found in the new guide, **NETS Recommended Road Safety Practices™**, available as a free download at www.trafficsafety.org*



GOT COMPANY DRIVERS?

Be proactive. Federal regulations limit driving hours for commercial drivers. But, workers who drive lighter vehicles for a large part of their workdays are not covered by these regulations. Therefore, putting a Driver Fatigue Management Program in place for all company drivers is a good idea.

- Set rules for maximum driving and working hours, as well as minimum resting hours that take the need for rest and sufficient night-time sleep into account
- Plan work so drivers can comply with the rules
- Enforce the rules and do not reward extra (long) shifts that violate company policy or federal regulations
- Encourage drivers to report sleep, fatigue or workload problems to their supervisor
- Urge managers to be attentive to fatigue and to respond positively by seeking practical solutions to issues brought to their attention
- Consider screening drivers for sleep disorders, especially Obstructive Sleep Apnea, as it is one of the most common sleep disorders and can often be treated

FOR ALL BUSINESS TRAVELERS

- Routinely assess whether driving is necessary, and consider telephone or video conferences as alternatives
- Make accommodations or transportation available to workers who just completed extended work shifts
- Work through a journey-planning process with employees who are taking cross-country or international flights, where jet lag could be a factor, to ensure they have considered the last leg of the trip—from the airport to home
- Encourage managers and employees to discuss available options and ensure team members feel empowered to adjust plans if flight travel has been altered due to unexpected delays or cancellations. For example, is the employee empowered to stay an extra night near the airport or hire a car service should he or she be too tired to drive following a rescheduled flight?

DROWSY, DISTRACTED, OR FOCUSED... YOUR DECISIONS DRIVE YOUR SAFETY

References for all pages can be found at <http://trafficsafety.org/dsww/dsww-2016-materials/references>

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DAY 3 ACTIVITIES

Resources can be downloaded from the Drive Safely Work Week website: trafficsafety.org/dsww/dsww-2016-materials

RESOURCES:

- *Wake Up Call: Anyone Could Be at Risk for Drowsy Driving* employee handout
- *Test Your Knowledge on Drowsy Driving* online quiz available at trafficsafety.org/dsww/dsww-2016-materials/drowsy-driving-quiz

TWEET/POST

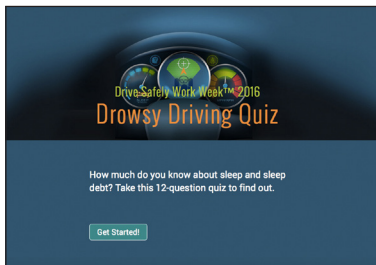
Feeling drowsy while driving? The only true countermeasure is to pull over and take a break. YOUR DECISIONS DRIVE YOUR SAFETY. #DSWW2016

Safe driving tomorrow starts with 7-8 hours of quality sleep tonight. YOUR DECISIONS DRIVE YOUR SAFETY. #DSWW2016



EMPLOYEE ENGAGEMENT PLAN

- 1 Distribute the *Wake Up Call: Anyone Could Be at Risk for Drowsy Driving* employee handout.
- 2 Invite employees to test their knowledge on drowsy driving.



TEST YOUR KNOWLEDGE ON DROWSY DRIVING

Invite employees to take this 12-question quiz to test what they know about drowsy driving available at trafficsafety.org/dsww/dsww-2016-materials/drowsy-driving-quiz

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