

DRIVER SAFETY TIP DRIVER FATIGUE

Are you at high risk of falling asleep at the wheel?

- ◆ Driver fatigue takes the blame for at least 240,000 motor vehicle accidents in the U.S. annually
- ◆ More than 1,500 deaths each year are related to drowsy drivers
- ◆ Three major studies identify fatigue as the leading cause of truck crashes
- ◆ Sleep related accidents cost American government & business about \$46 billion each year
- ◆ Forty-million Americans suffer debilitating sleep disorders; the majority of them are undiagnosed

CERTAIN GROUPS OF PEOPLE ARE AT A HIGHER RISK OF SUFFERING FROM DRIVER FATIGUE THAN OTHERS. SOME OF THE CANDIDATES MAY SURPRISE YOU. DO YOU FIT INTO ONE OR MORE OF THESE GROUPS?

How many of the following risk factors apply to you?

- ◆ Are you driving during the time of day when you typically sleep?
- ◆ Do you work more than 14 hours in a 24-hour period?
- ◆ Is the period of continuous time not working less than 9 hours per 24 hours?
- ◆ Have you exceeded 168 hours of active work in previous 14 days?
- ◆ Have you worked for 7 consecutive days?
- ◆ Do you find yourself driving between the hrs. of 1:00 pm–4:00 pm or 2:00 am–6:00 am?
- ◆ Do you have long continuous hours of driving work?
- ◆ Have you been involved in physically strenuous non-driving work?
- ◆ Have you had less than 6 hours of sleep on the night before driving?
- ◆ Have you had irregular or split sleep periods before driving?
- ◆ Do you drive in remote areas?
- ◆ Do you work in a pattern of irregular work rosters?
- ◆ Do you operate in extreme temperatures?
- ◆ Do you ever take drugs or alcohol before or while driving?
- ◆ Do you have any medical sleep problems?
- ◆ Do you have any health problems?



IF YOU CAN ANSWER YES TO ANY OF THE RISK FACTORS ABOVE, THEN YOU ARE A CANDIDATE FOR DRIVER FATIGUE! SO, TAKE THE FATIGUE QUIZ ON THE NEXT PAGE

AND SEE HOW WELL YOU SCORE...

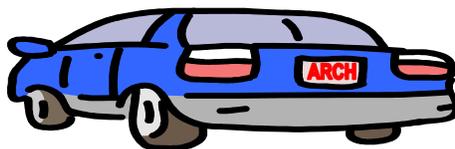
Questions...

1. Coffee overcomes the effects of drowsiness while driving. **(T or F)**
2. I can tell when I'm going to go to sleep. **(T or F)**
3. Rolling down my window or singing along with the radio will keep me awake. **(T or F)**
4. I'm a safe driver so it doesn't matter if I'm sleepy. **(T or F)**
5. You can stockpile sleep on the weekends. **(T or F)**
6. Most adults need at least seven hours of sleep each night. **(T or F)**
7. Being sleepy makes you misperceive things. **(T or F)**
8. Young people need less sleep. **(T or F)**
9. Wandering, disconnected thoughts are a warning sign of driver fatigue. **(T or F)**
10. Little green men in the middle of the road may mean the driver is too tired to drive. **(T or F)**
11. On a long trip, the driver should never take a break but try to arrive at the destination as quickly as possible. **(T or F)**
12. A microsleep lasts four or five seconds. **(T or F)**



Answers...

1. **FALSE.** Stimulants are no substitute for sleep. Drinks containing caffeine, such as coffee, or cola, can help you feel more alert but the effects last only for a short time.
2. **FALSE.** Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. You cannot tell how long you've been asleep.
3. **FALSE.** An open window or the radio has no lasting effect on a person's ability to stay awake.
4. **FALSE.** The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy.
5. **FALSE.** Sleep is not money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go into debt.
6. **TRUE.** The average person needs seven or eight hours of sleep a night. If you go to bed late and wake up early to an alarm clock, you probably are building a sleep debt.
7. **TRUE.** One of the warning signs of a drowsy driver is misjudging surroundings.
8. **FALSE.** Young people need more sleep than adults. Males under 25 are at the greatest risk of falling asleep. Half of the victims of fatigue-related crashes are under 25.
9. **TRUE.** If you are driving and your thoughts begin to wander, it is time to pull over and take a break.
10. **TRUE.** Seeing things that are not there is a good indication it's time to stop driving and take a rest.
11. **FALSE.** Driving, especially for long distances, reveals a driver's true level of sleepiness. To be safe, drivers should take a break every three hours.
12. **TRUE.** During a "microsleep" of four or five seconds, a car can travel 100 yards, plenty of time to cause a serious crash.



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