

HAWGOOD HAULAGE PTY LTD



EMPLOYEE FATIGUE AWARENESS

HHBFM 13.1:

ANNUAL REFRESHER

Employee's Name:

Employee's Role in Basic Fatigue Management:

Date: ____/____/____

<p>All personnel should be provided with training on the prevention of fatigue</p>

What is driver fatigue?

Driver fatigue, or tiredness, is a general term used to describe the experience of being 'sleepy', 'tired' or 'exhausted'. The effect of fatigue is both a physical and a psychological experience and can severely impair judgement when driving. Driver fatigue can cause lapses in concentration which could prove fatal. Fatigue is not just a problem for drivers on long trips, as any driver can suffer from fatigue, even on short trips. The problem with fatigue is that it develops slowly and drivers often do not realise they're too tired to drive safely. Drivers must learn to recognise the warning signs and take a break before it is too late.

DID YOU KNOW?

- ❖ **Fatigue is involved in up to 30 % of fatal crashes and up to 15 % of serious injuries requiring hospital treatment.**
- ❖ **Being awake for more than 17 hours is similar to having more than two standard drinks and having a blood alcohol content of more than 0.05**

Legislative requirements Under section 10 of the Transport Operations (Passenger Transport) Standard 2010, a driver of a public passenger vehicle must not operate a vehicle while fatigued. An operator of a public passenger service must take reasonable steps to ensure that each driver complies with the fatigue management requirements (section 21 of the Transport Operations (Passenger Transport) Standard 2010). If a driver operates a vehicle with a vehicle mass of more than 12 tonne or a bus that can carry more than 12 adults (including the driver) they must also comply with the requirements of the Transport Operations (Road Use Management – Fatigue Management) Regulation 2008. New requirements under this legislation came into effect on 29 September 2008 and include

revised work and rest hours and record keeping requirements. **There is now a general duty on all parties in the chain of responsibility to take reasonable steps to manage fatigue.** For more information go to the Department of Transport and Main Roads website at www.tmr.qld.gov.au or the National Transport Commission (NTC) website at www.ntc.gov.au.

Initial: _____

IDENTIFYING FATIGUE

WHAT CAUSES FATIGUE?

below are the most likely factors to affect your level of fatigue while driving

- Inadequate amount or poor quality of sleep over an extended period
- sustained mental or physical effort
- disruption of the normal cycles of daytime activity and night sleep
- environmental stresses during sleep (such as light, heat and noise)
- medication (some medications cause drowsiness)
- diagnosed or undiagnosed sleep disorders (sleep apnoea, insomnia and narcolepsy)
- obesity/dietary habits
- night work (causes sleep implications as daytime sleep is less restorative than nocturnal sleep)
- workload and lifestyle choices (illness, childcare, sport, socialising, studying).

Initial: _____

IDENTIFYING FATIGUE

Warning signs

- repeated yawning
- loss of attentiveness
- slower reaction times
- impaired judgement
- feelings of drowsiness or tiredness
- reduced alertness
- sore, red and tired eyes
- dim or fuzzy vision
- droning or humming in ears
- wandering, disconnected thoughts
- mood swings (feeling irritable and restless)
- daydreaming
- muscle stiffness and cramps
- difficulty keeping your head up or eyes open
- driving speed creeping up or down
- finding it difficult to maintain your lane position when driving.

Initial: _____

MANAGING FATIGUE

In-vehicle fatigue management strategies

- Stop regularly, at least once every two hours and take short breaks. Walk around for a while, exercise and breathe deeply.
- Counteract fatigue with regular healthy food and drink. High protein and low Glycaemic Index (GI) foods are best, for example, a salmon sandwich on wholegrain bread. Avoid excessive consumption of high calorie, high fat and high GI foods such as thick shakes as these can make you drowsy.
- Carry plenty of drinking water in the vehicle and drink it regularly.
- Wear sunglasses when driving to minimise glare.
- General fatigue management strategies
- Set up conditions in the vehicle so you can get as much sleep as possible. Reduce noise, light and disturbances.
- Manage stress (work related and personal).
- Improve general health and fitness. Exercise and avoid being overweight.
- Have regular health checks. Ensure that you do not have a sleep disorder or other medical conditions that could affect your driving ability.
- Check what prescription medicines you are taking. Some can affect your alertness or cause drowsiness. Check with your pharmacist or doctor
- During rest periods, avoid consuming alcohol (if unavoidable, limit consumption)

Initial: _____

MANAGING FATIGUE

Out of vehicle fatigue management strategies

- Enlist family support for a peaceful environment when sleeping (particularly when sleeping in daylight).
- Ensure adequate sleep (minimum six consecutive hours in a single 24-hour period, however the average required on a sustained basis is about seven to eight hours).
- Set up conditions at home (and the vehicle) so you can get as much sleep as possible. Reduce noise, light and disturbances.
- During rest periods, limit or avoid consuming alcohol
- Complete regular exercise and maintain a healthy balanced diet

MANAGING FATIGUE

What to do if you are struggling with fatigue

- Pull over as soon as it is safe to do so
- Call your scheduler or supervisor to advise them of your situation
- Use the strategies outlined above to help overcome fatigue. This can take as long as necessary
- If none of the outlined strategies are improving your condition, inform your scheduler or supervisor.
- You will be required to rest until such a time that you are no longer fatigued.

I hereby confirm I have read and understood this training information as related to **Basic Fatigue Management** and acknowledge my role in the Chain of Responsibility to ensure Hawgood Haulage P/L maintains high levels of safety at all times.

Name: _____

Signature: _____

Date: ____/____/____