

FATIGUE AND ITS EFFECTS... **FOR CMV DRIVERS**

COURSE OUTLINE

- **Problem solving, quick decision-making and good judgement are all skills that CMV drivers need to have to drive safely. But a lack of sleep can...**
 - Impair your driving abilities.
 - Make you fatigued.
 - Increase your chances of having an accident.
- **Fatigue is caused...**
 - When you can't get consistent, good quality sleep due to irregular work schedules and long stretches of time on the road.
 - When you haven't been sleeping well for two days or more.
 - When you don't give your body and mind a chance to reset with restful sleep each night.
- **Your mind and body will send you signals that you are too drowsy to drive. They include...**
 - Frequent yawning or blinking.
 - Difficulty remembering the last few miles of driving.
 - Missing your exit.
 - Drifting into other lanes.
 - ...and hitting a rumble strip on the side of the road.
- **If you are experiencing symptoms that you are too drowsy to drive, you should pull over and take a nap.**
- **Even if you aren't falling asleep, being fatigued can still affect your driving in the following ways...**
 - Your brain will have a harder time staying alert.
 - Your mind will wander, and you will become easily distracted.
 - Your judgement and decision-making abilities can become impaired.
 - Your reaction times will become slower.
 - You could experience "tunnel vision".

- **Fatigue can impair your driving, but it can also cause problems when you aren't working such as...**
 - Increased blood pressure.
 - Weight gain.
 - Poor immune system function.
 - ...and psychiatric disorders.
- **Focusing on one thing for a long period of time will reduce your alertness and impair your driving by under-stimulating your brain. If you begin to feel like this while you are driving, pull over and...**
 - Do some light exercise.
 - Splash cold water on your face.
 - Drink water.
 - ...or, have a conversation.
- **Mental exercises will help get your brain working again after a monotonous drive. They can include...**
 - Doing a crossword puzzle.
 - Figuring out a Sudoku game.
 - ...or playing games on your mobile phone.
- **Fatigue can affect anyone. But because you drive for a living, your fatigue can hurt others if you should have an accident. To fight fatigue, you must...**
 - Know the type of fatigue you have.
 - ...and know the steps that you should take to get the rest that you need.
- **There are two types of fatigue.**
 - Short-term, or “acute” fatigue, which can occur after only one day of abnormal sleep.
 - Long-term, or “chronic” fatigue, which is caused by “sleep deprivation”. This happens when sleep is missed for days, week or even months.
- **Once you are sleep-deprived...**
 - One night of restful sleep is not enough.
 - Several consecutive nights of long, sound sleep is needed to recover.

- **To avoid sleep deprivation, you should...**
 - Develop healthy sleep habits such as setting a regular bedtime.
 - Sleep in a dark, quiet place.
 - See a sleep doctor if you can't sleep or have excessive daytime sleepiness.
- **“Sleep disorders” are medical conditions that prevent you from feeling rested. Common sleep disorders include...**
 - Insomnia.
 - Restless leg syndrome.
 - Narcolepsy.
 - Sleepwalking.
- **The most common sleep disorder experienced by CMV drivers is “obstructive sleep apnea” (OSA). With OSA...**
 - Your airway repeatedly collapses while you sleep.
 - Your brain senses that you can't breathe, and it wakes you up to reopen your airway.
 - You are constantly waking up, even if you don't remember it, and you're not getting the rest that your body needs.
- **CMV drivers are more likely to develop OSA because...**
 - So much of their time is spent sitting.
 - Healthy food options can be hard to find on the road.
 - The driving lifestyle can result in weight gain, and being overweight is a main cause of OSA
- **If you suspect you might be driving with untreated OSA...**
 - You are putting everyone on the road in danger.
 - You need to see a medical professional and get an evaluation.
- **Driving while fatigued is dangerous. Recognizing this, the FMCSA has created regulations called “Hours of Service” (HOS). These regulations address...**
 - The maximum amount of time that drivers are permitted to be “on-duty”.
 - The number and length of rest periods that you must take between “on-duty” times.

- **The regulations also state that...**
 - Your work week should be no longer than 60 hours “on-duty” within 7 consecutive days.
 - Your work week should be no longer than 70 hours “on-duty” in 8 consecutive days.
 - You are only permitted to drive for 11 hours a day within a 14-hour “driving window”.
 - You are required to have an off-duty period of at least 10 consecutive hours before you start your next on-duty period.
 - Once you’ve put in the maximum number of off-duty hours, you can only begin your next seven-or-eight-day driving period if you rest for 34 consecutive hours.
 - No matter what period on-duty time encompasses, you are required to take a 30-minute break during the first 8 hours of driving.
- **To further help CMV drivers deal with fatigue, the North American Fatigue Management Program (NAFMP) was created to provide information about what fatigue is, its risks and how to prevent it and manage it. It is aimed at...**
 - CMV drivers.
 - Drivers’ families.
 - Carrier executives and managers.
 - ...and shippers/receivers and dispatchers.
- **NAFMP offers a free online training program to get information about...**
 - The effects that fatigue can have on your driving.
 - How to mitigate the risk of fatigue.
 - Sleep disorders, screening and treatment.
 - Good driver and trip scheduling practices.
 - ...and fatigue monitoring and management technologies (FMTs).

*** * * SUMMARY * * ***

- **When you don't get enough quality sleep, it can lead to fatigue. Driving while fatigued can impair our driving abilities, and in turn impact everyone who is on the road with you.**
- **With challenging schedules that interrupt sleep routines, many CMV drivers suffer from sleep disorders. If these sleep disorders aren't treated by a medical professional, it can be impossible for a driver to get the rest they need to drive safely.**
- **The Federal Motor Carrier Safety Administration (FMCSA) has created "Hours of Service" regulations that limit driving time to try to help prevent driver fatigue.**
- **The North American Fatigue Management Program (NAFMP) was created to provide information to the commercial driving industry about what fatigue is, its risks and how to prevent and manage it.**
- **Seeing a doctor for sleep problems, taking driving breaks and establishing a good routine for sleep can all help you be a productive, well-rested driver!**