

>> TOOLBOX TALK – Driver Fatigue

Transport Canada estimates that about 20% of fatal collisions involve driver fatigue. In a survey conducted in 2007, 60% of Canadian respondents admitted to having fallen asleep while driving in the past year.

What are some of the warning signs of driver fatigue?

- Blinking or frequent yawning.
- Closing eyes for a moment.
- Blurry vision or losing visual focus.
- Unintentional reduction in speed.
- Braking at last moment.
- Drifting across lanes, or onto the edge of the road.
- Not being able to recall driving the last few kilometers.



What can you do to manage driver fatigue?

- Get a good night's sleep, prior to long road trips.
- Share the driving with another passenger.

- Take regular rest stops, to stretch and get some fresh air.
- Stay hydrated, drink water.
- Eat light meals or fruit throughout the journey.
- If you feel tired, pull over somewhere safe. Take a 20-40 minute nap.
- Keep the temperature in the vehicle cooler. Too much heat can make you feel tired.
- Watch out for medications that may cause drowsiness.
- Spread long trips over several days. Stop, get a room, and get a good night's sleep.

Discussion points

- Has anyone ever experienced driver fatigue?
- Are there any company policies regarding driving?
- What else can we do to prevent fatigued driving?



Complete and attached Toolbox Meeting Form and process as per company policy.

Reference: Transport Canada, Road Safety in Canada

TOOLBOX MEETING FORM

Date: _____ Project: _____

Supervisor: _____ No. in Crew: _____ No. Attending: _____

Review Last Meeting:

	Names of Attendees (Signature Required)
Topics Discussed (policies, practices, procedures, hazard assessment):	
Suggestions Offered:	
Action(s) to be Taken:	
Injuries/Accidents Reviewed:	

Supervisor's Remarks: _____

Signature: _____