

Rested and alert:

Signs of fatigue

Use this guide to help lead a discussion with employees to raise awareness about the importance of rest and how driver fatigue can increase their risk behind the wheel. Ensuring drivers recognize signs of fatigue empowers them to minimize risks and become safer drivers. Use the form on Page 2 to record meeting details.

Driver fatigue poses a serious risk on the road. It can strike at any time, leading to accidents—especially during early mornings and afternoons. While common fixes like coffee, splashing water, or turning up the radio fall short, rest remains the most effective remedy. Even if a driver adheres to hours-of-service rules, it doesn't guarantee they're well-rested. Stress, illness, and poor sleep quality also contribute to fatigue.

Warning signs of driver fatigue:

1 Micro naps:

When a driver's head nods down or they struggle to keep it up, it's a sign of micro naps—brief moments of falling asleep at the wheel. Drivers must pull over immediately to prevent potential crashes. AI-facing cameras can detect this, but drivers need to recognize the issue and stop driving.

2 Missing point B:

If a driver can't recall the past few miles between Point A and Point C, fatigue may be at play. Missed stops enroute are likely due to fatigue causing a lapse in memory.

3 Lane maintenance:

The inability to maintain lane is a good indicator a driver is fatigued and having problems concentrating on their driving. Drifting across lanes, hitting rumble strips, or veering off the roadway signal fatigue. Telematics/cameras indicating excessive lane departures also hint at driver fatigue or distraction.

4 Yawning and irritated eyes:

Yawning isn't just contagious—it can be an early sign of fatigue as well as other medical conditions. In addition, frequent blinking and struggling to keep eyes open should raise awareness for supervisors and drivers as they prepare for a shift of driving.

5 Forgetfulness:

Leaving without proper paperwork, certain freight, or things like required vehicle inspections can cause issues. Forgetfulness can be a sign that fatigue is setting in, especially when occurring several times. Drivers should use this indication to take stock in their condition for the remainder of the trip.

For additional information related to driver safety, visit MyNSightOnline.com/DriveThe5

For further information, refer to National Highway Traffic Safety Administration (nhtsa.gov/risky-driving/drowsy-driving).



For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.

NationwideAgribusiness.com

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Toolbox Talk

Date: ____/____/____

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Discussion notes:
