

FATIGUE

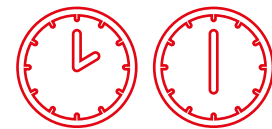
DRIVING FOR WORK CAN BE DEMANDING AND STRESSFUL, AND YOU CAN END UP TIRED AS A RESULT, MASSIVELY INCREASING YOUR RISK BEHIND THE WHEEL. BEING AWARE OF THE CAUSES OF FATIGUE, AND HOW TO MANAGE IT, WILL ENSURE YOU ARE SAFER AND MORE PRODUCTIVE.



Fatigue is a factor in 1 in 5 road accidents

3x more likely to be in a crash if you've been awake for 17 hours.

Peak times for fatigue-related collisions are



02.00-06.00

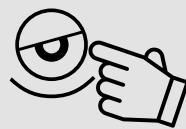
14.00-16.00

Driving tired

SPOT THE SIGNS OF FATIGUE



YAWNING



RUBBING EYES



BLINKING/HEAVY EYES



NODDING HEAD



DRIFTING IN LANE



FORGETTING DRIVER BASICS

Microsleeps

Be aware of microsleeps, as these can prove disastrous. When you're tired, microsleeps can see you lose consciousness for as little as five seconds, or as long as 30 seconds. You might not even know they've happened. But if you're travelling at 70mph, a 5 second microsleep covers 155 metres.

**5 SECOND
MICROSLEEP
@70MPH**

155m





Further advice

For more information, RED Corporate Driver Training has an e-learning module on Fatigue and Wellbeing, as well as modules on many other aspects of at-work driving. Find out more [here](#).

Also, Driving for Better Business offers advice on fatigue [here](#).

Short term fixes

There are some short-term fixes. If you're feeling tired, pull over somewhere safe as soon as possible. Then, try and have a nap of 15-20 minutes, or go for a walk.

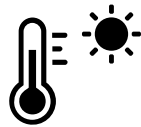
But remember: the only real cure is proper sleep. We sleep in cycles of 90 mins. If you wake up naturally shortly before your alarm, it is generally better to get up and get on with the day.

Caffeinated drinks can help - the equivalent of two cups of coffee. But too much caffeine can also be detrimental to decision-making and driving.



TENTHS

To battle fatigue, use the acronym TENTHS to ensure you are sleeping well and are more alert when driving.



Temperature & light

The optimal sleeping temperature is around 18 degrees C. Most people sleep best in complete darkness, so try to make the area as dark as possible.



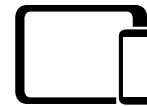
Exercise

Exercise releases endorphins which help reduce sleep disturbances. Any exercise is good, even taking stairs rather lifts, or parking further away and walking more.



Nutrition

Eat often to beat tiredness, while foods with low carbohydrates such as nuts, oats, fruit and cereals help to fight off fatigue.



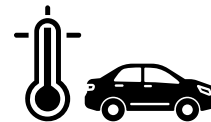
Technology

Blue light from mobile devices before going to sleep stimulates the brain and boosts alertness, while also suppressing the release of melatonin which causes drowsiness. So avoid using screens before bed.



Hydration

For hydration, water is best. For every 2% dehydrated you become, you can lose up to 20% of concentration levels. Drink between 6-8 glasses of fluids each day.



Stress

Try to reduce any external pressures and stress before driving so you are more rational and make better decisions behind the wheel. This could mean sending emails, calling clients or finishing jobs before leaving.



For more information visit:
www.redtraining.com
Or scan the QR code
Call us on: **01332 810007**

