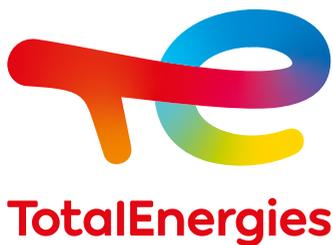




# Fatigue while driving

—  
#SafeDriver



# Fatigue

## FATIGUE, WHAT IS IT?

> Gradual decrease in coordination and general alertness leading to drowsiness and falling asleep.

> Fatigue becomes an issue when it affects the driver's capacity to perform tasks that require concentration, discernment and responsiveness.

## CONDITIONS THAT CONTRIBUTE TO FATIGUE

The temperature in the cab being too high or too low.

A monotonous task (straight stretches of road, light traffic, etc.).

High sound levels (music, noise).

Limited visual activity.

# Consequences on driving

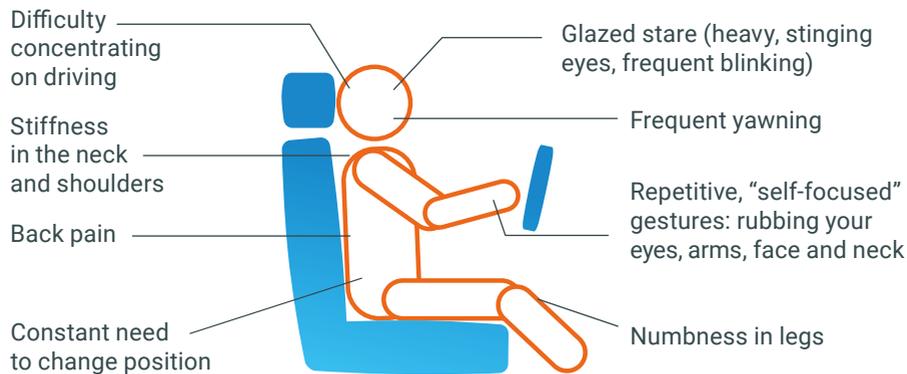
THE CONSEQUENCES ARE SIMILAR TO THOSE OF A PERSON DRIVING UNDER THE INFLUENCE OF ALCOHOL.

	Difficulty driving in a straight line and at a constant speed		Increased tendency to take risks
	Reduced vigilance, concentration and alertness (e.g. forget to check the rear-view mirrors, miss a highway exit)		Affects discernment, lower decision-making capacity
	Longer reaction times		Microsleeps
	Affects memory		Drowsiness

# Knowing how to identify signs of fatigue

## WATCH OUT FOR SIGNS OF FATIGUE

Stinging eyes, stiff neck, frequent need to change position, back pain, yawning, heavy eyes, glazed stare.



**Take regular breaks:** take a walk, open the windows/doors, use break times to make sure you eat properly and if possible, ask another authorized driver to take the wheel for a while.

**Do not struggle to stay awake:** you're fighting a losing battle. At first signs of fatigue, take a break. It's the only way to get rid of drowsiness.

# Driver behaviors that exacerbate fatigue

## SOME FACTORS ENCOURAGE OR EVEN AGGRAVATE FATIGUE



Not taking regular breaks



A heavy meal: too much sugar or fat



Smoking: reduces the amount of oxygen in the cab



Medication: certain types can have dangerous effects on your ability to drive. A regular cough syrup can cause drowsiness which is dangerous when driving. Sleeping pills and anti-depressants drastically reduce alertness



Alcohol or drug consumption (even moderate)

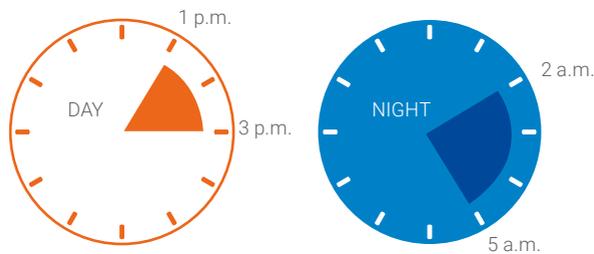
# Best practices

- Before leaving, **prepare your journey** and **identify rest areas** where you can take a break.
- **Be well rested before driving:** make sure you get a good nights' sleep and try to keep regular hours before a long journey.
- **Get enough sleep:** adults are advised to get at least 7 to 8 hours of sleep a night.
- **Take a break at first signs of fatigue:** the recommendation is to take a 15-minute break every

2 hours. In any case, it is mandatory to take at least a 10-minute break every 2 hours for drivers of light vehicles and at least a 30-minute break every 4 and a half hours for drivers of heavy vehicles.

- **Be particularly vigilant at certain times of the day:** the beginning of the afternoon (1 p.m. - 3 p.m.) and the middle of the night (2 a.m. - 5 a.m.)\* are the peak sleepiness periods.

## PEAK SLEEPINESS PERIODS



\* When night driving is authorized.

# Key figures

Drowsiness at the wheel is the cause of **20%** of fatal road accidents.

Source: French National Institute for Sleep and Vigilance (INSV)

Drivers who sleep less than **5** hours a night and then get behind the wheel triple their risk of having an accident.

Source: French Road Accident Prevention Association (APR)

An accident is **3 to 4 times** more likely to occur in the 30 minutes following the first signs of drowsiness.

Source: French National Institute for Sleep and Vigilance (INSV)

Closing your eyes for just a few seconds can have drastic consequences: at **60** km/h, a vehicle travels **50** meters in **3** seconds.

# Preconceived ideas

Does fresh air wake you up?

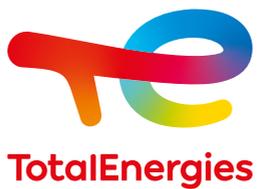
Opening your window wide will do you good but the effects are short-lived and the signs of fatigue will reappear very rapidly.

Does drinking coffee keep you awake?

It's one of the most common beliefs that coffee keeps people awake. But it actually takes some time for the body to absorb caffeine. So the effect is not immediate and even then, it is short-lived. However, stopping for a coffee is a good excuse for taking a break.

Does turning up the music help stop you falling asleep?

Having a sing-song or turning up the volume of your car radio could distract you from your driving and have totally the opposite effect. So avoid pumping up the volume.



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