



ATA COMP FUND



ALLIANCE INTERSTATE RISK SERVICE

DRIVER FATIGUE

DECEMBER 2024

DRIVER FATIGUE: BINGE-WATCHING

CLICK HERE: <https://bit.ly/3S1gy8T>



Monthly Safety Training



DON'T BE A STATISTIC.

- Driver fatigue increases risk of being involved in crash
- Drowsy drivers are accountable for about 40,000 crash-related injuries & more than 1,000 fatalities annually.
- Crash rates are significantly elevated for drivers who sleep less than 5 hours daily, have slept less than 7 hours in past 24 hours, or have slept for 1 hour less than their usual amount.

GET YOUR SLEEP.

- Establish a bedtime routine.
- Keep your sleeping area cool, dark and quiet.
- Avoid caffeine, nicotine & alcohol within four to six hours of bedtime.
- Avoid eating a heavy meal within three hours of bedtime.
- Turn off screens and put your phone down (1) one hour before bedtime.

GET SOME EXERCISE.

- Moderate-intensity activities like walking can help you fall asleep faster and get better quality sleep.
- Walking helps regulate the body's circadian rhythm, signal your brain that's it time for bed. It also helps reduce stress and anxiety, leading to more restful sleep.

PLAN YOUR TRIP.

- Allow time for rest breaks and traffic conditions.
- Plan your rest breaks, overnight parking, fuelings
- Plan where you can safely take a walk – even 10 minutes can increase your alertness and help regulate your sleep.
- Leave on time
- Call your dispatch to adjust schedule if detained at shipper.



CLICK HERE: <https://bit.ly/3XSGQR2>

TAKE THE QUIZ!

We have created short, fun games for each monthly safety training topic. Scan or click the code to play along!

