

# TOOL BOX TALKS

## Fatigued Driving

Roughly 50,000 people die on American highways each year. Transportation accidents are the number one killer of American workers. Vehicle accidents are the largest safety issue faced by employers. 95.9% of fatigued driving crashes involve passenger cars! Drowsiness is indicated in over 100,000 crash reports annually, and 71,000 crashes result in injury! Take a few minutes to review this information with employees.

## WORKSAFE TIPS

### FATIGUED DRIVING STATISTICS

95.9% of fatigued driving crashes are passenger cars.

Drowsiness is indicated in over 100,000 crash reports annually.

71,000 fatigued driving crashes result in injury.  
*Courtesy National Sleep Foundation*

### DEVELOP A SAFE DRIVING ATTITUDE

- Never forget that driving is extremely hazardous.
- Increase your chances of arriving safely.
- Never take driving for granted – always drive safely.
- Control your emotions: Stay calm and rational.

### PLANNING AHEAD: BEFORE THE TRIP

- Rushing can easily result in an accident.
- Get plenty of sleep.
- Leave early if bad weather will be encountered.
- Plan the route – know where congestion and construction is happening.
- Plan for any potential needs or problems.
- Relax and realize that a traffic accident will cause more wasted time.
- Late is late. 8 minutes late versus 10 minutes late does not really matter to your boss!

### SPOTTING RUSHED DRIVING

- Red light running
- Speeding and sudden lane changes
- Tailgating
- Driving in an aggressive or intimidating manner

### THE IMPORTANCE OF REST

- Get sufficient sleep / rest before the trip
- Stop at regular intervals to stretch out & refresh
- If drowsy stop for a 30 minute nap
- Stop for coffee or cold drink

### WHO IS AT RISK

- Young people (ages 16 to 29), especially males.
- Shift workers, students, or others whose sleep is disrupted by working at night or working long or irregular hours.
- People with untreated sleep apnea syndrome (SAS) and narcolepsy.
- People who drive between midnight and 6 a.m.

### SIGNS OF DROWSY DRIVING

- Eyes close off and on
- Eyes go out of focus by themselves
- Can't keep your head up, head bobbing
- Can't stop yawning
- Wandering, disconnected thoughts
- Don't remember driving the last few miles
- Drifting between lanes
- Tailgating
- Missing traffic signs
- Jerking the car back into the lane
- Drifted off the road & almost crashed



*These advisory materials have been developed from national standards and sources believed to be reliable, however, no guarantee is made as to the sufficiency of the information contained in the material and Missouri Employers Mutual Insurance Company assumes no liability for its use. Advice about specific situations should be obtained from a safety professional.*

888.499.SAFE (7233)