



Managing Fatigue for the Fleet Safety Professional



What Places People at Risk for Fatigue?

Nonstandard Working Hours

- ✓ Nonstandard working hours are hours outside of standard daytime Monday to Friday schedules.
- ✓ Nonstandard work hours put workers at increased risk of a fatigue-related incident.
- ✓ In high-income countries, 20-25% of workers have non-standard working times.

Other Common Risk Factors

Factors ON the Job

- ✓ Long work hours
- ✓ Shift work (especially night)
- ✓ Rotating work shifts
- ✓ Timing or unpredictability of work schedules
- ✓ Jet lag from travel across time zones (3 hours or more)
- ✓ Working outdoors (in the heat)
- ✓ Monotonous activities
- ✓ Mental and physical job demands

Factors OFF the Job

- ✓ Sleep disorders such as sleep apnea
- ✓ Competing priorities with sleep, like an infant in the home or social engagements
- ✓ Long commutes
- ✓ Health conditions and medications
- ✓ Mental and physical stressors
- ✓ A diet heavy in fried foods, sugary snacks and beverages

Did You Know?

Driver fatigue can cause “microsleeps”.

Microsleeps are sleep episodes where your eyes may be open or closed. At its most severe, fatigue will lead the driver to fall asleep.



www.trafficsafety.org

References can be found here:

<https://trafficsafety.org/road-safety-resources/public-resources/managing-fatigue-for-the-fleet-safety-professional/>.

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