



Managing Fatigue for the Fleet Safety Professional



What Is Fatigue? Signs and Symptoms

fa·tigue /fə-'tēg/

The state of feeling very tired, weary or sleepy resulting from insufficient sleep, prolonged mental or physical work, or extended periods of stress or anxiety.

Effects of Fatigue

- ✓ Reduced ability to make decisions
- ✓ Errors in judgement
- ✓ Increased risk taking
- ✓ Increased reaction time
- ✓ Reduced attention and vigilance
- ✓ Inability to stay awake

Signs and Symptoms of Fatigue

Physical

- ✓ Rubbing of the eyes
- ✓ Head nodding
- ✓ Long eye blinks
- ✓ Yawning
- ✓ Sleepiness
- ✓ Headaches

Cognitive

- ✓ Inability to concentrate
- ✓ Lack of motivation

Emotional

- ✓ Irritability
- ✓ Giddiness

Did You Know?

The effects of fatigue are similar to impairment from drugs or alcohol.

In fact, the cognitive impairment from being awake for 20 to 24 consecutive hours is equivalent to the impairment of someone with a blood alcohol content of .08 to .10.

Driver fatigue can cause microsleeps (i.e., brief sleep episodes where your eyes may be open or closed). At its most severe, fatigue will lead the driver to fall asleep.

Additional Warning Signs

- ✓ Drifting from your lane
- ✓ Forgetting the last few miles or missing an exit
- ✓ Getting tunnel vision (not seeing what's around you)
- ✓ Reacting more slowly to traffic conditions and hazards



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References can be found here:

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

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