



Managing Fatigue for the Fleet Safety Professional

Why Fatigue Risk Management? Key Takeaways



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.

Fatigue Facts

1. Motor vehicle crashes are the leading cause of death and a leading cause of injury in the workplace.
2. Driver fatigue is a major contributor to motor vehicle crashes, injuries, and deaths.
3. AAA estimated that **one in five** crash fatalities involve driver fatigue. The National Transportation Safety Board (NTSB) determined that fatigue was the probable cause or a factor in 40% of their recent highway crash investigations, a greater proportion than for any other mode of transportation (e.g., rail, air, maritime).

Did You Know?

NETS members with fatigue risk management practices have lower crash rates.

The prevention of fatigue-related crashes will spare pain and suffering for employees, work teams, and their families and save time and money for the employer.