TIRED DRIVERS KILL!

The Facts

Fact
At least 40,000 serious injuries and nearly 3,500 Deaths occurred on our roads last year. Drowsiness is considered to be the major cause of these crashes.

Fact
Driver Fatigue is thought to cause at least 20% of all road accidents of occupational road users and one-in-five Accidents on motorways and trunk roads.

Fact
Driver fatigue is considered to claim More Lives than alcohol related road traffic crashes.

Fact
Don’t be tempted to risk it. Research shows that if you drive when very tired it’s impossible to Stop yourself nodding Off at the wheel.

Fact
Falling asleep at the wheel is preceded by feelings of extreme drowsiness, that drivers are aware of, but too often choose to Ignore.

Fact
The group that are Most At Risk of tiredness are Occupational Road Users (LGV Drivers, Light Goods Vehicles and Company Car Drivers)

Fact
Road crashes relating to driver fatigue are also more likely to result in Death or Serious Injury, as the accident occurs at Higher Speeds due to the driver failing to brake before the crash.

Fact
Most sleep related accidents occur between 02:00 ~ 06:00 in the morning and mid-afternoon between 14:00 ~ 16:00, when the body’s natural clock is at its lowest points.

Fact
Drowsiness makes driving more difficult by dulling concentration and slowing reaction times.

Fact
Each Death on the road costs up to £ 1.2m - the Human costs are of course Incalculable.

Fact
It is more difficult to Judge other vehicles’ Speed and Distance when tired

Fact
Tired drivers are Lethal

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DRIVER FATIGUE KILLS!
“Don’t let it kill you”
The UK’s leading sleep research centre (Loughborough University) has investigated many aspects of drowsiness and driver fatigue and have shown that such accidents are avoidable and recommends:

1. The correct amount of sleep is the only “Answer”.
2. Take regular breaks.
3. Don’t Drive Tired.
4. Don’t Ignore the Signs.
5. Managers and drivers should Plan the journey with drowsiness in mind - paying particular attention to drivers hours and length of duty.

WINDING DOWN THE WINDOWS - TURNING UP THE RADIO - HAVE LITTLE EFFECT IN OVERCOMING DROWSINESS.

A TIRED DRIVER CAN KILL!! IF YOU ARE FEELING TIRED YOU SHOULD....

1. Get off the road at the earliest Safe point.
2. Find a safe place to park and Rest.
3. Drink one or two cans of a functional energy or caffeine drink.
4. If you have drank two cans of a functional energy or caffeine drink, take a short nap of up to fifteen minutes. This will almost eliminate the level of tiredness for up to 90 Minutes.
5. Nevertheless drivers should get Adequate Sleep and not see caffeine functional energy drinks as a substitute for Sleep.
6. If after having a break you are still feeling tired Don’t drive on.

Research shows that if you drive when tired, it’s impossible to stop yourself eventually nodding off at the wheel.

“If you are tired STOP don’t ignore the signs”
WHAT CAN I DO?
“Don’t Become a Statistic”

- Maintain a **Regular** sleep pattern.
- Take adequate **Sleep** before you drive.
- By having sufficient sleep you will:
  - be **Alert**
  - have a **higher level of Concentration**
  - be less likely to be involved in a **Fatal** Road Traffic Crash
  - have a sharper level of **Hazard Perception**
  - be less likely to have a **Personal Injury** when loading / unloading your vehicle
- If you become tired whilst driving, do not use the vehicles cruise control - **Turn It Off.**
- If you become drowsy whilst driving do not use the in-cab heating system - **Turn It Off.**
- Plan your journeys and identify suitable **Rest** points.
- When driving on motorways and trunk roads, if you become sleepy get off at the next available junction, find somewhere **Safe** to park and take a break.
- Don’t **Push** yourself to the **Limit.** Take regular breaks from driving.
- Be alert to the signs of driver fatigue:
  - feeling drowsy
  - lack of concentration
  - driving between **02:00 ~ 06:00** and **14:00 ~ 16:00**
- **Do Not Use** “Functional Energy Drinks” As A Substitute For Sleep.
- Do not **Ignore** drowsiness. **Take A Break - And Rest.**
- **Understand** the risks of driver fatigue.

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Should you experience **Driver Fatigue**
consult your line manager immediately