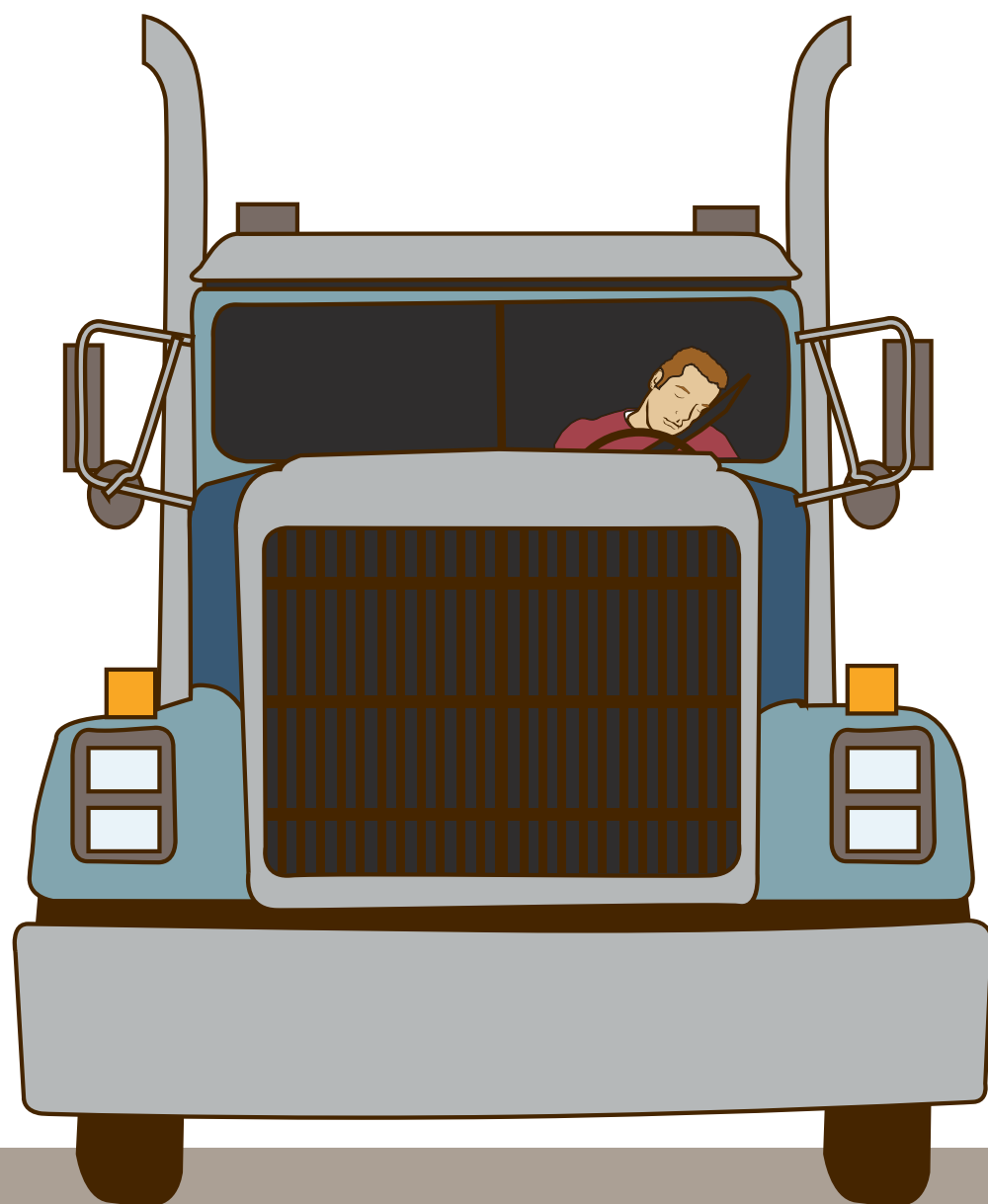


DRIVER SAFETY & FATIGUE

Whether you are behind the wheel, fueling, loading, unloading, or just climbing into or out of your truck, fatigue can affect your ability to perform any of these tasks safely. Know how to minimize the effects of fatigue by following these suggestions.



SAFETY TIPS

BE WELL-RESTED BEFORE THE TRIP

Get plenty of sleep before you start a trip. Try to plan your trips to allow yourself time to get sleep. It may be more difficult to get needed sleep on days off at home. Remember that there will always be more things to do than there will be time to do them. Prioritize!

BE WELL-RESTED BEFORE THE TRIP BACK

Get a good night's sleep before you head back out onto the road. There is no substitute for sleep.

WATCH FOR SIGNS OF FATIGUE

Be alert to the warning signs of fatigue and drowsiness, especially between 2 a.m. and 6 a.m. If you feel drowsy, pull over and nap.

SCHEDULE BREAKS

Schedule a break at least every two hours or 120 miles, but stop sooner if needed.

NAP SAFELY

Take a nap when you need to, but plan ahead. Napping alongside the road can be dangerous and is prohibited on interstate highways and many state routes as well. Find a safe place to stop such as a truck stop, rest area, intersecting highway or designated pull off.

GET FRESH AIR

Keep a window opened slightly. During a break, take a walk, do a safety check, or get some form of exercise before getting behind the wheel again.

STAY ALERT WITH HELP

If you start to feel drowsy, but have not yet made it to a safe parking area, talk to other drivers on the CB. Roll down your window. Find some music you can sing along with.