

Minimizing Driving 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.

- **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 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 take a nap.
- **Schedule a break at least every two hours or 120 miles,** but stop sooner if needed
- **Get good nights of sleep before you head back out onto the road.** There is no substitute for sleep.
- **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.
- 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.
- 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.**

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