



CPC FACT CASE STUDY

Fatigue / Tired

What Happened: Driver fell asleep at the wheel while driving.

CPC FACT ANALYSIS &/OR CORRECTIVE ACTION PLAN

- Focus:** Focus on getting enough sleep before getting behind the wheel. Fatigued driving is similar to intoxicated driving. Fatigue cuts down our awareness of our surroundings specifically Smith System Key #2, "Get the big picture" and Key#3, "Keep your eyes moving".
- Anticipate:** Anticipate the signs of fatigued driving. Heavy eyes / closing eyes, frequent yawning, trouble keeping your head up, drifting in and out of your lane of travel, hard braking and taking 4 to 5 second micro-sleeps while driving. Plan your sleep, 7 to 8 hours each night, minimum. Anticipate well in advance what time you need to be in bed and stick to that schedule.
- Correct:** Maintain a healthy diet and get proper rest each night. Coffee and soda are not proper remedies to combat fatigue while behind the wheel. Pull over in a safe location, contact your dispatcher and take a 15-20 minute nap. Avoid medications that may induce drowsiness. Check with your doctor to determine if you have sleep apnea. Ask your CPC Manager for information on benefits with sleep apnea testing.
- Talk:** Remember, if you need to pull over due to being fatigued, call your dispatcher and let them know. Park in a safe area, log-off duty and take a nap. Discuss with your manager if you have a fatigue issue while at work. Talk to your doctor to determine if you have a sleep disorder.