



Holiday Deadlines / Fatigue Driving

With the holidays approaching, many of our client's needs have changed and as a result, added pressure is being placed on drivers to be available after being off duty for exactly 10 hours. With e-commerce sales increasing during this time of the year, CPC drivers will have to share the road with an ever-increasing number of these large trucks transporting goods for the holiday rush. Though necessary for our economy, commercial vehicles present extra dangers on roadways that are predominantly occupied by passenger vehicles. Tight deadlines and pressure from shippers and receivers to meet unrealistic deadlines can contribute to fatigue that can cause drivers to commit serious errors.

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, soda and energy drinks 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. If you find yourself feeling fatigue consistently after getting 7-8 hours of sleep, 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. Inform your manager if you feel that you find yourself in an unsafe circumstance and seek a resolution that will keep you and others on the road safe. Let us make sure we arrive alive back home to our families and the end of each shift.