



HARVEST 2020 HEAVY TRUCK DRIVER FATIGUE MANAGEMENT



testyourtiredself.com.au

CHAIN OF RESPONSIBILITY

- **Be Aware –**
- **A party in the chain of responsibility must take all reasonable steps to ensure that the driver of a heavy vehicle does not drive a heavy vehicle while impaired by fatigue.**
- **Farmers and Drivers are included the Chain of Responsibility**



FATIGUE

Tiredness is one of the three big killers on NSW roads Fatigue can happen on long and short trips

Most crashes (51%) happen close to home

- **Circadian rhythms; time of day/body-clock**
- **Sleep inertia; not fully awake**
- **length of sleep**
- **sleep debt**
- **lengthy periods of awake time**
- **work factors**
- **lifestyle factors**
- **Alcohol and other drugs**





FATIGUE

Effects

- micro sleep; unplanned sleep
- loss of alertness
- reduced hand/eye coordination
- reduced concentration
- poor decision making
- poor communication
- increased error rates
- increased likelihood of accidents and injuries



FATIGUE MANAGEMENT

Strategies

- get a good nights sleep
- avoid driving at night or when you would normally be asleep
- timing, length and quality of sleep
- vehicle set-up
- rest breaks, naps
- health
- adequate staff numbers
- rest and refreshment facilities
- planning
- record keeping



FATIGUE MANAGEMENT

Experienced symptoms

- feeling tired, drowsiness, yawning
- difficulty concentrating
- boredom (e.g. using mobile phone)
- headache or dizziness
- tired eyes, blinking, sore or watery eyes
- reduced driving ability
- missing turns
- 'automatic driving'

Observed symptoms

- irritable or aggressive behaviour
- difficulty following directions
- poor communication
- slow reactions, oversteering
- eyes close momentarily
- wandering vehicle
- signs of drug or alcohol use



FATIGUE MANAGEMENT

DON'T TRUST
YOUR
TIRED SELF

- **Farmers**
- **Drivers**
- **Grain Receivers**



FATIGUE MANAGEMENT

- Focus on sampling and unloading efficiency
- Engage with driver - have a chat, provide information
- Alert site supervisor if any concerns who will
 - assess situation, and
 - respond or
 - escalate as considered appropriate



