

Driven to Wellness

Work-Life Balance Fact Sheet: FATIGUE

- Fatigue is a significant traffic safety concern since it is a known contributor to roadway crashes.
- Fatigue can be considered as lack of mental and physical energy and motivation. Symptoms of fatigue can include and “feeling tired” or the need to sleep, but often other symptoms are mistaken as fatigue including shortness of breath, muscle weakness, and depression.
- A recent study conducted on the sleeping and driving habits of CMV drivers concluded that an unhealthy lifestyle, long working hours, and sleeping problems were the main causes of drivers falling asleep while driving.
- According to the National Safety Council:
 - Losing two hours of sleep has the same effect on driving as having three beers.
 - You are three times more likely to be in a car crash if you are fatigued.



- A recent study conducted by the AAA Foundation for Traffic Safety found that “drowsiness” was identified in 8.8 percent to 9.5 percent of all crashes examined by the study and 10.6 percent to 10.8 percent of crashes that resulted in significant property damage, airbag deployment, or injury.
- Fatigued workers can show impairment in memory consolidation and a general slowing of cognitive functioning and degradation in attention, vigilance, processing speed, and alertness.
- Fatigued drivers may not see or recognize a hazard quickly enough to avoid it, or may recognize the hazard, but respond too slowly to counteract it.
- Up to 20 percent of the fatal vehicle crashes investigated by the National Transportation Safety Board (NTSB) were due to drowsy driving.
- Research has showed that in truck drivers, sleep restriction, sleep apnea, and daytime sleepiness were all significantly associated with motor vehicle crashes and near misses.



"Navigating safe driving through healthy habits and lifestyles".