

**IF YOU ARE FEELING TIRED
ASK YOURSELF**

**ARE YOU FIT
TO DRIVE?**



**FATIGUE LEADS TO SLOWER
REACTION TIMES AND A
REDUCED ABILITY TO ASSESS
SITUATIONS QUICKLY**

**STANDARDISED TRAINING CURRICULUM FOR
DRIVERS OF HEAVY GOODS VEHICLES (HGV)**



TRUCK DRIVERS MUST NOT EXCEED 4 HOURS OF CONTINUOUS DRIVING (LI 2180, REG. 118)

WARNING SIGNS OF DRIVER FATIGUE

Fatigue is a major contributory cause of vehicles crashes. Crashes caused by fatigued drivers are usually severe because a sleeping driver cannot break or take avoidance action. Knowing the warning signs can remind you when you are in need of rest.

- [] Frequent yawning or blinking
- [] Feelings of falling asleep
- [] Difficulty holding your head up
- [] Trouble remembering the last few kilometres driven
- [] Missing an exit or road sign
- [] Following other vehicles too closely
- [] Drifting into the other lane or off the road

Plan to take a break after every 2 hours. If you begin to feel fatigued, you should not fight it, this will increase the risk of a crash. Find a safe place to stop, have a short sleep, or take a short walk (if safe to do so). If necessary, find somewhere safe to sleep overnight.

ALCOHOL & DRUGS

The consumption of alcohol or drugs (including certain prescription and over-the-counter drugs) impairs judgement, alters a driver's confidence level which can affect how they manage risks. The effects of alcohol differ between people, how rested you are, how much you have eaten, and your current physical and mental health.

It is almost impossible to be sure how many units of alcohol you have consumed because the alcoholic strength of drinks varies greatly. **Never drink and drive.**

You should check with a doctor or pharmacist if any prescription medicine you are taking could impair your ability to drive, and follow their advice.

MANAGING STRESS

The work of a long distance truck driver can be stressful, contributing to frequent feelings of fatigue. You should ensure you are well rested before each journey. Stay hydrated and eat well.

Consuming excessive amounts of caffeine or sugary drinks can make you irritable and impair your sleep.



**DOWNLOAD THE FULL
HGV DRIVER TRAINING
INSTRUCTOR'S MANUAL**

