

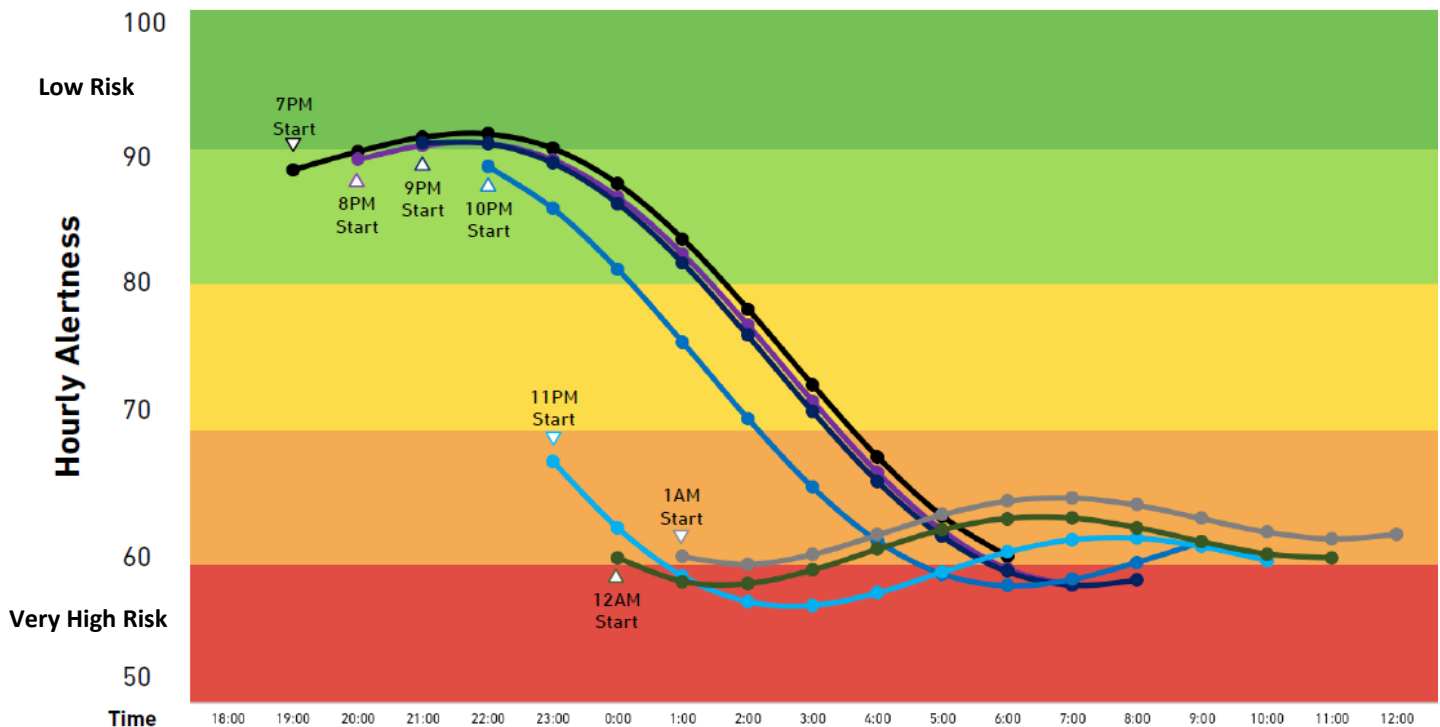


Driving For Safety

Trucking & Harvesting Advisory Group

DUTY START TIMES and RISK

Hourly on duty risk can vary significantly depending on duty start time. The chart below will help determine when alertness is reduced resulting in a higher risk of a fatigue related incident. The last two night shifts of the week are the highest risk.



Strategic caffeine use — caffeine can give you a temporary boost but try to avoid it within 5-8 hours of bedtime, as it may impact your sleep.

Take a rest — try and take a 15-20 minute rest (i.e. while waiting to get loaded or unloaded.)

Physical activity — Get out and walk around when you can (i.e. while waiting in line to get unloaded.)

Optimize your sleep opportunity—schedule your sleep period so that it ends as close to shift start as possible.

The above data analysis has been provided by Fatigue Science and is based on the 2016/17 Log Hauler Fatigue Research Project

Safe Driving is Good Business