

Top Fleet Driver Assessment

A composite image showing a man driving a car on a road. The man is wearing a blue shirt and has a beard. He is looking out the window with a distressed expression, his right hand resting on his forehead. The car is on a dark asphalt road with white lane markings. The background is a surreal landscape of a vast field of yellow flowers under a cloudy sky. The text 'Fatigued at the wheel' is overlaid at the bottom in orange.

Fatigued at the wheel

The definition of Fatigue

Extreme tiredness resulting from mental or physical exertion or illness.

1. A reduction in the efficiency of a muscle or organ after prolonged activity.
2. A lessening in one's response to or enthusiasm for something, caused by overexposure.

How does this relate to driving?

Your brain acts like a computer.
It processes and stores information.



When it starts to overload it will begin slowing down as it tries to process
information and may eventually
Freeze up and stop all together when it can't process anymore.

Is fatigue a problem?



Not if we learn to recognize and react to the signs of fatigue!

Yawning is usually one of the first signs of fatigue. Although there is no real medical proof of why we yawn, we most often associate it with fatigue or (getting tired).



Along with yawning, drivers may experience heavy tired eyes or even daydreaming. These are signs that your brain has processed enough information and now requires a rest. Much like a computer which may slow down or freeze from over processing, the brain will also eventually (Freeze up) which we can refer to as falling asleep.



Other signs may be; experiencing a sore back from sitting too long in the seat, not remembering towns or streets you may have passed, rubbing your face a lot, forgetting your destination, drifting onto the rumble strips or in and out of your lane, and even having trouble holding up your head.

Drinking coffee or energy drinks, eating sugary treats or even smoking may help keep you awake but...
(keep in mind) these items do not fix the problem and will only give you temporary relief. They will only prolong the problem and may even cause other health issues as well.
The only thing that will eliminate the fatigue is taking a break and getting some rest.



Other ways we sometimes try to stay awake...

- Listening to loud music.
- Singing.
- Slapping or pinching ourselves.
- Screaming.
- Talking on the phone.
- Chewing gum.
- Eating.
- Talking to a passenger or even ourselves!



But results will only be temporary.

So fatigue is not a problem.
Not identifying or doing anything about it
(is the problem).



You are going to get tired!

It all starts with getting the proper amount of sleep per night.
Health Canada recommends adults 18 to 65 getting 7 to 8 hours of sleep per night.
In today's world, insufficient sleep is common.
Work demands, caffeine consumption, social commitments, and financial stress are
some of the things that may disrupt our sleep.



The amount of sleep we get at night will affect our ability to stay alert, focused and retain information. Lack of sleep will undoubtedly interfere with our ability to operate a motor vehicle safely.

Sleep disorders may affect your ability to operate a vehicle safely and is one of the main causes for experiencing drowsiness throughout the day!

Sleep Apnea is a disorder which will cause you to temporarily stop breathing while asleep. Often you will awaken (gasping for air) and disrupting your sleep session. This issue can be diagnosed by your physician who can give you treatment options.



Ignoring sleep issues (like sleep Apnea) is especially dangerous to a driver (or anyone operating any type of motorized equipment) and will put them at a much higher risk of having an accident. Fatigue will reduce reaction time!

Of course, your diet (or food choices) play a part in fatigue as well. Eating large quantities of fatty foods like hamburgers or fries can incur fatigue after consumption. Eating many different varieties of foods may also result in a drowsy feeling as well.

Eating light and healthy before driving (and when stopping for meal breaks) will help keep you alert and focused on your driving responsibilities.

Have the Buffet occasionally for a treat.



Drink plenty of water, exercise when you can and add some vitamin supplements to your diet.
This will help your body function better reducing fatigue and potentially keeping you more alert and safer on the road!



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No matter what type of vehicle you drive,
the signs of fatigue should never be ignored!
Take breaks as needed to stay safe and alive!

The End

