

## DRIVER SAFETY TIP DRIVER FATIGUE

### *Are you at high risk of falling asleep at the wheel?*

- ◆ Driver fatigue takes the blame for at least 240,000 motor vehicle accidents in the U.S. annually
- ◆ More than 1,500 deaths each year are related to drowsy drivers
- ◆ Three major studies identify fatigue as the leading cause of truck crashes
- ◆ Sleep related accidents cost American government & business about \$46 billion each year
- ◆ Forty-million Americans suffer debilitating sleep disorders; the majority of them are undiagnosed

**CERTAIN GROUPS OF PEOPLE ARE AT A HIGHER RISK OF SUFFERING FROM DRIVER FATIGUE THAN OTHERS. SOME OF THE CANDIDATES MAY SURPRISE YOU. DO YOU FIT INTO ONE OR MORE OF THESE GROUPS?**

### *How many of the following risk factors apply to you?*

- ◆ Are you driving during the time of day when you typically sleep?
- ◆ Do you work more than 14 hours in a 24-hour period?
- ◆ Is the period of continuous time not working less than 9 hours per 24 hours?
- ◆ Have you exceeded 168 hours of active work in previous 14 days?
- ◆ Have you worked for 7 consecutive days?
- ◆ Do you find yourself driving between the hrs. of 1:00 pm–4:00 pm or 2:00 am–6:00 am?
- ◆ Do you have long continuous hours of driving work?
- ◆ Have you been involved in physically strenuous non-driving work?
- ◆ Have you had less than 6 hours of sleep on the night before driving?
- ◆ Have you had irregular or split sleep periods before driving?
- ◆ Do you drive in remote areas?
- ◆ Do you work in a pattern of irregular work rosters?
- ◆ Do you operate in extreme temperatures?
- ◆ Do you ever take drugs or alcohol before or while driving?
- ◆ Do you have any medical sleep problems?
- ◆ Do you have any health problems?



**IF YOU CAN ANSWER YES TO ANY OF THE RISK FACTORS ABOVE, THEN YOU ARE A CANDIDATE FOR DRIVER FATIGUE! SO, TAKE THE FATIGUE QUIZ ON THE NEXT PAGE**

**AND SEE HOW WELL YOU SCORE...**

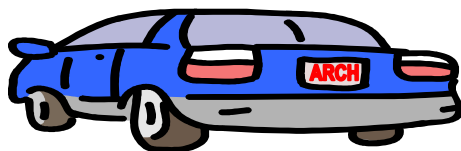
# Questions...

1. Coffee overcomes the effects of drowsiness while driving. **(T or F)**
2. I can tell when I'm going to go to sleep. **(T or F)**
3. Rolling down my window or singing along with the radio will keep me awake. **(T or F)**
4. I'm a safe driver so it doesn't matter if I'm sleepy. **(T or F)**
5. You can stockpile sleep on the weekends. **(T or F)**
6. Most adults need at least seven hours of sleep each night. **(T or F)**
7. Being sleepy makes you misperceive things. **(T or F)**
8. Young people need less sleep. **(T or F)**
9. Wandering, disconnected thoughts are a warning sign of driver fatigue. **(T or F)**
10. Little green men in the middle of the road may mean the driver is too tired to drive. **(T or F)**
11. On a long trip, the driver should never take a break but try to arrive at the destination as quickly as possible. **(T or F)**
12. A microsleep lasts four or five seconds. **(T or F)**



# Answers...

1. **FALSE.** Stimulants are no substitute for sleep. Drinks containing caffeine, such as coffee, or cola, can help you feel more alert but the effects last only for a short time.
2. **FALSE.** Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. You cannot tell how long you've been asleep.
3. **FALSE.** An open window or the radio has no lasting effect on a person's ability to stay awake.
4. **FALSE.** The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy.
5. **FALSE.** Sleep is not money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go into debt.
6. **TRUE.** The average person needs seven or eight hours of sleep a night. If you go to bed late and wake up early to an alarm clock, you probably are building a sleep debt.
7. **TRUE.** One of the warning signs of a drowsy driver is misjudging surroundings.
8. **FALSE.** Young people need more sleep than adults. Males under 25 are at the greatest risk of falling asleep. Half of the victims of fatigue-related crashes are under 25.
9. **TRUE.** If you are driving and your thoughts begin to wander, it is time to pull over and take a break.
10. **TRUE.** Seeing things that are not there is a good indication it's time to stop driving and take a rest.
11. **FALSE.** Driving, especially for long distances, reveals a driver's true level of sleepiness. To be safe, drivers should take a break every three hours.
12. **TRUE.** During a "microsleep" of four or five seconds, a car can travel 100 yards, plenty of time to cause a serious crash.



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