



Driver dashboard card

(Basic Fatigue Management)

Tips on managing heavy vehicle driver fatigue



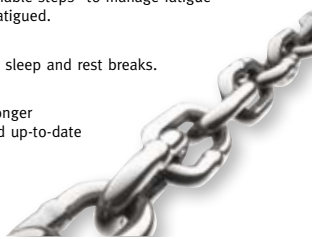
About the heavy vehicle driver fatigue reform

Driver fatigue may arise because of the actions or inactions of anyone in the supply chain. Effective management of fatigue should not be the responsibility of the driver alone.

“Managing driver fatigue is the responsibility of all parties in the supply chain”

The new road transport heavy vehicle driver fatigue laws impose three key requirements:

- 1 **Taking reasonable steps**
A general duty on all parties in the supply chain to take “reasonable steps” to manage fatigue (e.g. realistic trip schedules) and ensure you don't work while fatigued.
- 2 **Driving hours**
Changes to driving hours place an emphasis on regularly taking sleep and rest breaks.
- 3 **Record keeping**
The log book is replaced with a new driver work diary, with stronger record-keeping rules. You need to carry a readable, accurate and up-to-date work diary.



Basic Fatigue Management — solo drivers

Time	Work	Rest
In any period of...	A driver must not work for more than a MAXIMUM of...	And must have the rest of that period off work with at least a MINIMUM rest break of...
6 ¼ hours	6 hours work time	15 continuous minutes rest time
9 hours	8 ½ hours work time	30 minutes rest time in blocks of 15 continuous minutes
12 hours	11 hours work time	60 minutes rest time in blocks of 15 continuous minutes
24 hours	14 hours work time	7 continuous hours stationary rest time ¹
7 days	36 hours long/night work time ²	
14 days	144 hours work time	24 continuous hours stationary rest time taken after no more than 84 hours work time and 24 continuous hours stationary rest time and 2 x night rest breaks ³ and 2 x night rest breaks taken on consecutive days

- 1 Stationary rest time is the time a driver spends out of a regulated heavy vehicle or in an approved sleeper berth of a stationary regulated heavy vehicle.
- 2 Long/night work time is any work time in excess of 12 hours in a 24 hour period or any work time between midnight and 6am (or the equivalent hours in the time zone of the base of a driver)
- 3 Night rest breaks are 7 continuous hours stationary rest time taken between the hours of 10pm on a day and 8am on the next day (using the time zone of the base of the driver) or a 24 continuous hours stationary rest break.

Tips on managing fatigue

- Time working** More than 12 hours awake and your fatigue risk increases rapidly.
- Rest** Naps can be an effective way of managing fatigue during a work day.
- Apnoea** If you snore or wake up feeling tired consider getting tested for apnoea.
- Night rest** Sleeping between 10pm and 8am is the most effective way to recharge.
- Sleep quality** Dark, quiet and between 18–22°C is an ideal sleeping environment.
- Predictability** Try to plan ahead. Naps can prevent fatigue from occurring.
- Ownership** Take control of your own fatigue management.
- Recovery** Have at least one long sleep (9 hours+) per week to repay sleep debt.
- Time sleeping** Try to get a minimum of 6–8 hours sleep each 24 hours.

For more information on the heavy vehicle driver fatigue reform contact your local road transport agency or visit the Queensland Transport website at www.transport.qld.gov.au



Planning your trip

The following tips will help keep you alert at the wheel:

- Plan your trips to allow adequate time for sleep, rest, meals and finding appropriate places to stop.
- Anticipate possible delays at distribution centres or on the road.
- Plan rosters so there is enough time to adjust between day and night shifts.
- Be realistic about how much sleep is needed to be a safe driver and make sure you are fit to drive before your next shift.
- Talk to your family so they understand the importance of adequate sleep before your shift.
- Make sure you have no health problems—if in doubt see your doctor.
- Understand your body clock and be aware of natural 'slumps' (tiredness) at night and between 2pm–4pm.
- **If you feel tired pull over safely, inform your boss and get some rest.**



Sleeping environment

The following tips will help you to create an ideal sleeping environment and make the most out of your nap:

- Make sure your sleeping environment is well-ventilated and the temperature is between 18–22°C.
- Turn off your mobile phone and radio, wear ear plugs, ask the family to keep the noise down and park away from busy roads if possible.
- Close the curtains or wear eye shades to minimise light.
- Sleep lying down if the option is available. If you are only able to take your nap in the driver's seat remember to pack a pillow to get as comfortable as possible.
- Take time to change out of your work clothes as you would at home.

For more information on napping download the Guidelines for Using Napping to Prevent Heavy Vehicle Driver Fatigue (August 2008) from www.transport.qld.gov.au



Napping tips

- Plan naps ahead of time to take advantage of roadside facilities.
- Set an alarm clock or arrange for a wake up call from a supervisor to ensure you don't oversleep.
- Nap before drowsiness occurs and try to take preventative naps to reduce sleepiness.
- Naps should be at least 10 minutes and no longer than 30 minutes.
- Daytime naps are most effective between 2pm–4pm.
- If you feel tired at any stage of your trip you should pull over in a safe place and take a nap.
- Beware of grogginess / sluggishness on waking and allow time to become fully alert before driving (15 minutes is usually enough).
- After a nap or during a break from driving go for a walk. It's good exercise and, as a driver, the health of your back is vital so look after it by learning some basic stretching techniques, flexing regularly and lifting correctly.
- The quantity of food consumed before taking a nap can affect sleep. It is bad practice to eat a heavy meal before going to bed. Plan to eat no less than 3 hours before going to sleep.



Can you improve your lifestyle?

The following factors are important to consider when evaluating your fitness for duty:

- 1 Diet — avoid fatty and sugary foods as they make you drowsy. Try to consume high protein foods (meats, beans, fish and nuts) instead as they can boost alertness.
- 2 Exercise — try to incorporate exercise into your daily routine. A good example is taking a 10 minute walk three times a week.
- 3 Sleep disorders — being overweight or obese can cause sleep problems and strongly contribute to sleep-disordered breathing (sleep apnoea).
- 4 Relax — make time to spend with your family and friends or simply relax and enjoy a hobby. Stress can contribute to fatigue.
- 5 Caffeine — coffee only provides short-term benefits and, once its effects wear off, you can feel even sleepier. Naps have more long lasting benefits.
- 6 Sleep — try to get at least one long sleep (9 hours+) per week. Sleeping at night is more effective than sleeping during the day—the best time to sleep is between 12–6am.

