

INFORMATION BULLETIN

PT 21/05.02

FATIGUE MANAGEMENT

Legislative Requirement

Under section 11 of the *Transport Operations (Passenger Transport) Standard 2000*, a driver of a public passenger vehicle must not operate a vehicle while fatigued.

Section 20 of the *Transport Operations (Passenger Transport) Standard 2000* states that an operator of a public passenger service must take reasonable steps to ensure that each driver complies with the fatigue management requirements.

If a driver operates a heavy truck, commercial bus or a bus with a vehicle mass of more than 12 tonne, they must comply with the requirements of the *Transport Operations (Road Use Management – Fatigue Management) Regulation 1998*.

This bulletin provides suggestions for both operators and drivers on how to identify and prevent driver fatigue. This bulletin is intended as a guideline only and is not definitive.

What is fatigue?

Fatigue is a general term used to describe the experience of being “sleepy”, “tired” or “exhausted”. Fatigue is both a physiological and a psychological experience. Driver fatigue can severely impair judgement.

Causes of fatigue

- Inadequate amount or quality of sleep over an extended period.
- Sustained mental or physical effort.
- Disruption of the normal cycles of daytime activity and night sleep.
- Environmental stresses during sleep (such as light, heat and noise).
- Medication (some medications cause drowsiness).
- Diagnosed or undiagnosed sleep disorders (sleep apnoea).
- Obesity/bad dietary habits.
- Night work (causes sleep implications as daytime sleep is less restorative than nocturnal sleep).
- Workload and lifestyle choices (illness, childcare, sport, socialising, studying).

How to identify fatigue

- Loss of attentiveness.
- Slower reaction times.
- Impaired judgement.
- Feelings of drowsiness or tiredness.
- Reduced alertness.
- Repeated yawning.
- Sore, red and tired eyes.
- Wandering, disconnected thoughts.
- Mood swings (Feeling irritable and restless).
- Daydreaming.
- Muscle stiffness and cramps.

How to prevent fatigue

FOR DRIVER:

In-vehicle fatigue management strategies:

- Use air conditioning to increase driver comfort and reduce the effects of carbon monoxide.
- Take short breaks.
- Countermeasure fatigue with regular healthy food and drink. (Avoid excessive consumption of fatty, high calorie food which can cause sleepiness).
- Carry plenty of drinking water in the vehicle.
- Play the radio.
- Wear sunglasses when driving to minimise glare.

General fatigue management strategies:

- Stress management (work related and personal).
- Ensure adequate sleep (minimum six consecutive hours in a single 24 hour period, however the average required on a sustained basis is about seven to eight hours).
- Set up conditions at home so you can get as much sleep as possible. (Reduce noise, light and disturbances).
- Enlist family support for a peaceful environment when sleeping (particularly when sleeping in daylight).
- Improve general health and fitness. Exercise. Avoid being overweight.
- Have regular health checks. Ensure that you do not have a sleep disorder or other medical conditions that could affect your driving ability.

FOR OPERATOR

General fatigue management strategies for your staff:

- Control and monitor shifts to minimise taxi driver fatigue. (Working in excess of 14 hours creates a significant safety risk).
- Reduce or eliminate irregular shift patterns. The impact of fatigue is greater for employees with irregular shift patterns.
- Incorporate short breaks in shifts.
- Arrange the driver's roster to maximise the opportunity to recover from the effects or onset of fatigue.
- Encourage health and fitness of drivers.
- Provide information to promote driver health.
- Be aware if drivers have a second job.
- Does the driver's lifestyle contribute to fatigue (sporting commitments, student, new parent, illness)?

N.B. Attached is a fatigue management checklist which may be used to assist you in managing your driver's fatigue.

Additional Information

The information contained in this bulletin has been produced as a guide to assist in the understanding of the standards.

Clarification of any information in this bulletin may be obtained from Queensland Transport by contacting your local Public Transport office.

This bulletin is an interpretation of the relevant Acts and Regulations and should not be used as a reference to a point of law.

Copies of the *Transport Operations (Passenger Transport) Act 1994*, *Transport Operations (Passenger Transport) Regulation 1994* and the *Transport Operations (Passenger Transport) Standard 2000* can be purchased from GoPrint.

FATIGUE MANAGEMENT CHECKLIST

Activity	Yes	No
<p>1. Scheduling and rostering – the scheduling of trips should allow for drivers to take adequate rest breaks and provide drivers with the flexibility to manage fatigue.</p> <ul style="list-style-type: none"> a. Do you consider fatigue management measures when rostering drivers? b. Do you allow sufficient time for drivers to take adequate breaks? c. Are drivers provided with sufficient days off to recover from the cumulative effects of fatigue caused by extended periods of work? d. Are drivers regularly asked to drive during the peak fatigue times, namely 2pm-4pm and 10pm-6am? e. Do drivers ensure that they consider the impact of activities such as recreational activities and personal life on their well-being and capacity to work safely, and use time off responsibly to prepare for/recover from the fatigue effects of work? 		
<p>2. Training and education – all personnel should be provided with training on the prevention of fatigue.</p> <ul style="list-style-type: none"> a. Are drivers and management provided with training and education on fatigue management issues? b. Do drivers/management have the knowledge and skills to practice effective fatigue management? c. Are drivers/management tested on their knowledge of fatigue management (for example, by a quiz)? d. Is the fatigue management training revisited on a periodic basis? e. Has a formal fatigue management program been developed that caters for the needs of your organisation? f. Are employees provided with information on their Occupational Health and Safety responsibilities? g. Does management actively encourage fatigue management training? h. Do management initiate contact with the driver to monitor fatigue? 		
<p>3. New employees – induction program</p> <ul style="list-style-type: none"> a. Are new employees provided with fatigue management training? 		

