

JUL 11, 2017



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DRIVER FATIGUE



The Large Truck Crash Causation Study (LTCCS) reported that 13 percent of commercial motor vehicle (CMV) drivers were considered to have been fatigued at the time of their crash. Fatigue is caused by a lack of adequate sleep, extended work hours, strenuous work or non-work activities, or a combination of other factors. The following tips will help you stay well rested and compliant:

- Get enough sleep before driving: driving at night is a potential hazard because your body is naturally drowsy. This is especially true if you've been up performing other activities. Even if you are in the sleeper berth, if you're watching television you're not getting the rest you need.
- Keep a healthy diet: if you eat a heavy meal you will not sleep well. Also, unhealthy diets lead to obesity and it can lead to sleeping problems.
- Take a nap if you feel tired: ideally you should sleep for 45 minutes so you can really get rest.
- Avoid any medications that can cause drowsiness: if you have a cold or allergies don't take any medicines that can impair your ability to drive.
- Recognize the signals your body gives you if you're fatigued: if you're yawning a lot you're probably fatigued and should stop.
- Never try other tricks to stay awake: drinking coffee or opening the window is not going to help you. Sleep is the only thing that can alleviate fatigue.



If you have any questions about this subject, please contact the Safety Department at ext. 1304 or email us at ssandri@nalogistics.com.

And remember..... Safety is not a choice is a must!