

# Managing Fatigue on the Road or at Work - Countermeasures

**Sleep and trip preparation  
is the best way to avoid  
being tired on a trip!**

**Napping is one of the most  
powerful countermeasures to  
fatigue. Undertaken correctly,  
it can provide from 1 – 4 hours  
of improved performance and  
get you to the end safely.**

**A 20-minute nap will allow you to get some light sleep  
and not get into the deep stage of sleep. If you sleep for  
longer and get into deep sleep, you will feel very tired  
when you wake up. If you need a longer sleep, then  
sleep for 1.5 hours. This will give you one whole sleep  
cycle. You will still feel tired for a little while but will  
soon start feeling fresher.**  
**Napping needs to be done in a safe place and if at work,  
the supervisor must know where you are. Set an alarm  
for 20 minutes and get the Supervisor to wake you and  
check you before returning to work.**



Signs of fatigue	Possible Countermeasure
Wandering thoughts, daydreaming Tired eyes, rubbing eyes, scratchy feeling Restless Itchy in some places	A short break provided here should return you to almost full capabilities. Fresh air, cool water and bright light will also help. Stretches and body movement will benefit you greatly.
Reduced facial tone Quiet Eyelids wanting to close Losing focus of visual field Frequent yawns Inactive Loss of steering corrections Losing speed and not maintaining headway distances Reduced lane tracking	Frequent breaks with cool water, fresh air, bright light and major muscle movement. It may not be enough to avoid further signs of fatigue. May benefit from a 20-minute nap. Should notify supervisor if at work. Should have increased supervision from this point. May need to stop work.
Head jerks / startle response Hallucinations Eye closure Micro-sleep Cannot remember portions of the drive or work	Notify supervisor immediately. A 20-minute nap would be the minimum to bring back to a safe working state. May need to be driven home/camp for further sleep if at work.



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