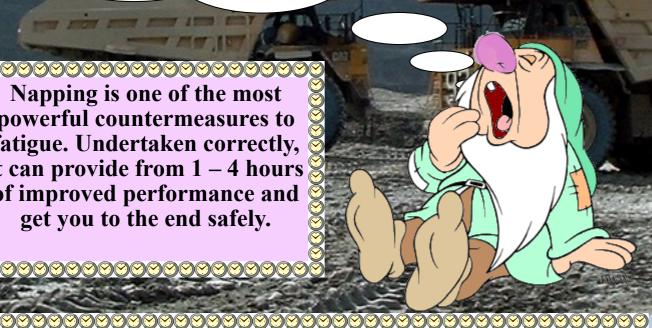
Managing Fatigue on the Road or at Work - Countermeasures

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	A short break provided here should return you to almost full capabilities.
Tired eyes, rubbing eyes, scratchy feeling	Fresh air, cool water and bright light will also help.
Restless	Stretches and body movement will
Itchy in some places	benefit you greatly.
Reduced facial tone	Frequent breaks with cool water,
Quiet	fresh air, bright light and major muscle movement. It may not be enough to avoid further signs of fatigue.
Eyelids wanting to close	
Losing focus of visual field	
Frequent yawns	May benefit from a 20-minute nap.
Inactive	Should notify supervisor if at work.

Head jerks / startle response **Hallucinations** Eye closure Micro-sleep Cannot remember portions of the drive or work

Loss of steering corrections

Losing speed and not main-

taining headway distances

Reduced lane tracking

Notify supervisor immediately. A 20-minute nap would be the minimum to bring back to a safe working state.

Should have increased supervision

from this point.

May need to stop work.

May need to be driven home/camp for further sleep if at work.

