



Driver fatigue



Välitä, muista – ennakoi.
LIIKENNETURVA

The Anatomy of Fatigue

- Lack of sleep is the most common cause of fatigue.
- Other factors such as stress, medication, and long drives can also cause fatigue.
- Driving at night increases the risk of fatigue.
- Fatigue while driving can lead to reduced attention, driving errors, and ultimately falling asleep at the wheel.



Recognizing signs of fatigue

- Yawning.
- Feeling like your eyes are gritty.
- Feeling like your eyelids are heavy.
- Missing road markings, traffic signs, and exits.

Your colleague is suffering from insomnia and has been feeling tired and absent-minded at work. Now he is leaving early in the morning for a business trip and will have to drive for several hours. What do you do?



How about us?

- What things make us tired?
- Has fatigue caused dangerous situations in traffic?
- What happens if you bring up a colleague's fatigue at work?

Talking about Fatigue with a Colleague

It can be difficult to bring up a colleague's fatigue.

- Approach them with respect and avoid blaming or accusing.
- Start with a simple question about how they're doing.
- Use your observations to express concern, such as 'I've noticed you seem tired lately.'
- Consider how you would want a colleague to approach you if you were the one experiencing fatigue.

How can we prevent fatigue?

- Get enough sleep and rest to compensate for work.
- Treat insomnia if possible.
- Seek medical attention if constant fatigue and sleepiness persist.
- Be aware of the side effects of medication and illnesses.
- Avoid heavy meals and alcohol before driving.
- Recognize signs of fatigue while driving and take them seriously.
- Avoid driving during early morning hours when drowsiness can be at its worst.

What can the employer do?

- Initiate a conversation about fatigue and its risks.
- Encourage open and caring communication among coworkers.
- Consider rest and recovery time in shift scheduling.
- Offer accommodations for extended work-related travel.



Combating fatigue in traffic is important for everyone's safety.

You must not and do not need to drive when tired. The law prohibits driving while tired.

What can we do at the workplace to reduce fatigue?

Driver's Pre-Drive Checklist

How do you feel?
Avoid driving if you
are sick or unwell.



Have you slept enough?
Rest before driving and
take breaks if needed.

Have you taken any
medication? Consider
whether it affects your
ability to drive.



Make sure you have eaten
well but note that a heavy
meal right before driving
can make you tired.

If you have taken alcohol,
postpone the drive or switch
to being a passenger.



Tackle any feeling of
rush in your mind. Set
off when you are calm.