



DROWSY DRIVING

TSH 01 • OCT 2020

LENGTH 2–5 minutes

TO PREPARE Read the background information.
Set up video of Rick and Scout.

BACKGROUND

- When you talk to your employees and drivers about drowsy driving, make sure they understand warning signs of being too tired to drive, and the proven methods to combat drowsiness.
- According to the National Safety Council, 43% of working Americans are not getting at least 7 hours of sleep nightly. Unfortunately, 1 out of 6 fatal crashes is a direct result of drowsy driving. The Bureau of Labor Statistics reports that 15% of full-time employees in the US work on shifts. Other workers are at risk of driving while sleepy as well, including those who work long hours on tedious tasks, and parents and caregivers.
- Head-bobbing is one serious sign of driving while too sleepy. In fact, once a driver's experiencing the head-bob, their driving is already impaired. If time permits, review the Rick and Scout video link below with employees after discussing other signs of drowsiness.
- As an employer, learn more about how fatigued employees impact your costs by visiting <https://www.nsc.org/forms/real-costs-of-fatigue-calculator>

DISCUSSION

- We live in a GO-GO-GO world, and sometimes we don't realize when we've pushed ourselves too far. Sleep seems too far off and we still have things to do. Did you know that driving drowsy is just as dangerous as driving buzzed, or even driving drunk?



What are some signs that you are too tired to drive?

- Yawning and frequent blinking
- Missing your exit
- Difficulty remembering the past few miles
- Drifting from your lane



- Hitting a rumble strip on the side or middle of the road



What happens to your ability to drive when you are too tired?

- You are less able to pay attention to the road.
- You have slower reaction time.
- Your ability to make good decisions is affected.



If you think you are too tired to drive, what can you do?

- Don't drive, pull over.
- Get some rest. Research shows a 20-minute nap will help, at least temporarily.
- Drink a caffeinated beverage (like coffee or cola).
- Avoid driving too drowsy by planning ahead. On long trips, plan breaks at least every 2 hours.

OPTIONAL DISCUSSION

Rick and Scout

<https://mycardoeswhat.org/safety-features/drowsiness-alert/>

Most drivers have driven drowsy. Ask your workers if they have experience with any of the Drowsiness Detection technologies mentioned in the video that are designed to combat drowsy driving. Let them discuss their experiences.

SUMMARY

- Know the signs of being too sleepy to drive, like yawning, head-bobbing, and hitting rumble strips.
- Driving drowsy is preventable by getting enough sleep.
- When you are tired, pull over for a 20-minute nap or get some caffeine.
- Plan to stop every two hours for a break when driving long distances.