



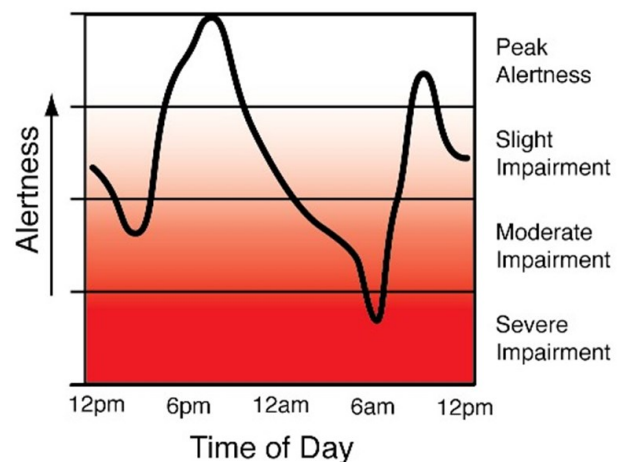
Did YOU know?

Driver Fatigue

Interruptions to sleep are an inevitable part of the job. You need to recognize when fatigue has *impaired* you or a co-worker. Control the things you can control within your life to reduce the development of fatigue.

SIGNS

- Changes in mood
- Failure to complete routines
- Increased reaction time
- Degraded attention and vigilance
- Increased distractibility and confusion
- Decreased motivation



PREVENTION

- ✓ Set a routine for sleep to maintain a rhythm for your body—go to bed and get up at the same time every day
- ✓ Remove distractions from your sleep environment such as phones or computers (sorry, Motorola has to stay!)
- ✓ Create a comfortable and clean sleep environment
- ✓ Avoid heavy foods, alcohol, and caffeine before bed
- ✓ Allow about 3 hours between exercise and bed time to let your body cool down

"Safety" Naps

Not a substitute for nighttime sleep

Short naps improve mood, alertness, and performance

Limit to 20 to 30 minutes

Longer than 45 minutes can be counterproductive—grogginess