

## FATIGUE MANAGEMENT

Almost everyone knows that driving a motor vehicle under the influence of alcohol or other drugs is a deadly combination. However, few people seem to realize the danger associated with driving while fatigued. In fact, drivers who become drowsy or fall asleep at the wheel contribute to thousands of accidents each year.

The course consists of various topics and will be discussed with the group. All Learners will have a chance to give their opinion what causes fatigue in their work environment and how they could manage it. This information could be made available to Management on request.

### CONTENT

1. Introduction
2. Facts
3. Driver fatigue quiz
4. Characteristics of driving fatigue
5. Factors that increase the risk of fatigue driving are
6. What to do to avoid a fatigue crash
7. Long distance driving
8. Driver fatigue quiz -- answers

### DURATION:

Depending on the group participation, the sessions are between 4 to 5 hours.