

	Health, Safety, Quality and Environmental Alert	Alert number: 036-17	Document Reference: AMG/F/HSQE/001
	Dangers of Driving (Fatigue)	Issue Date: 12/09/17	Author: Steve Milroy

(To be posted on HSQE Notice Boards for a Period of 1 MONTH from date of issue)

Background

Following a Road Traffic Accident (RTA) on Sunday 10th September 2017 where one of our vehicles collided with Motorway Infrastructure on the M4 while travelling home from work.

The Police attended and the driver was breathalysed at the scene and indication was that the Driver of the vehicle had fallen asleep at the wheel however the investigation is currently ongoing and further feedback will be forthcoming on conclusion of the investigation.

Without pre-empting the investigation may I just remind all that within the rail industry the most recent fatalities involved driving and the risk of fatigue when driving.

Main effects of fatigue

- Find it hard to concentrate, make clear decisions or take in and act on information
- Have more frequent lapses of attention or memory
- React more slowly (for example, to hazards arising in the workplace)
- Make more errors
- Occasionally fall asleep at work
- Have little motivation or interest in work

Fatigue increases the risk of being involved in an accident, particularly when driving

Drivers of company vehicles have a responsibility for themselves at that of their passengers travelling within the vehicle as determined by the company Driver Handbook and must consider their physical state prior to driving on behalf of the company.

Typical signs of fatigue are as follows and must be considered prior to driving company vehicles:

Early signs of fatigue:

- Fidgeting
- rubbing eyes

Moderate signs of fatigue:

- Frequent yawning
- Staring Blankley
- Frequent blinking

Severe signs of fatigue

- Nodding Head
- Difficulty keeping eyes open and focussed
- Long blinks

As stated above the investigation is ongoing and further detail will follow on conclusion of the investigation