



SAFETY STARTS WITH ME

HAZARDS JULY - SEPTEMBER 2013

SAFETY BEHIND THE WHEEL – DRIVER FATIGUE

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Fatigue doesn't only affect you when you're at the wheel for long periods of time – you can suffer from fatigue on your drive home from work, or even first thing in the morning if you've not had sufficient sleep.

Symptoms of fatigue include:

- Poor concentration, boredom or daydreaming
- Tired or sore eyes
- Yawning and drowsiness
- Memory lapses
- Delayed reactions and difficulty completing tasks
- Micro-sleeps (falling asleep for short periods – often without the knowledge you have done so)

Contributing factors to fatigue are prolonged or repeated sleep loss and being awake when you are normally asleep.

What is the difference between a hazard and a risk? A hazard is a potential source of harm to property, the environment, or people. Risk is the probability of that hazard potential actually occurring.



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