

# PAUL S. WINSON COACHES

## 0147 DRIVER FATIGUE POLICY

### **Background Information**

At least 40,000 serious injuries and nearly 3,500 deaths occur on the roads every year. One in five fatal accidents on UK major roads may be due to tiredness. Sleep related accidents tend to be more serious than other road accidents due to the high impact speed and lack of avoiding action.

### **Legislation**

Falling asleep at the wheel is not only highly dangerous, but it could lead to a criminal offence, and you could go to prison for several years if found guilty.

### **Driver Information**

Blurred vision, poor gear changing and drifting in a lane are all effects of the lack of sleep and you should take action if you show any of these signs.

Action may depend on whether it is short term tiredness or long-term tiredness. Action may involve taking a break from driving, changing your sleeping routine, or even seeking medical advice.

### **Do's**

**DO** make sure you get adequate sleep.

**DO** ask your GP or Pharmacist about the side effects of any medication that you are taking.

**DO** make sure you inform family and friends of how important it is for you to get adequate sleep for your job role.

**DO** plan your journey to ensure you can take your breaks in a safe and suitable place and take all your designated breaks when driving.

**DO** stop in a safe place as soon as you feel drowsy.

**DO** know about the effects of fatigue.

**DO** use your common sense.

### **Don'ts**

**DON'T** ignore the signs of tiredness.

**DON'T** take any risks.

## Summary

Plan your journey and learn to recognise the signs of tiredness and act on them immediately.

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Responsible Person: AJW

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