Fatigued driving: unsafe at any speed

What makes drivers fall asleep at the wheel? The top three reasons are not surprising: unhealthy lifestyles, long hours on the road and sleep problems.

Driver fatigue is a critical and sometimes overlooked safety concern. Drivers are on the road and sedentary for long stretches of time. Sleep patterns are irregular at best. To help prevent fatigued driving and make the road a safer place, share these FMCSA tips with your drivers:

- Get enough sleep every night
- Maintain a healthy diet – skipping meals or eating at irregular hours can lead to fatigue
- Take a nap – whenever you feel drowsy or less alert, minimum 10 minutes
- Avoid medications that may induce drowsiness
- Recognize the signs of drowsiness – frequent yawning, heavy eyes, blurred vision
- Don’t rely on alertness tricks to stay awake – smoking, turning up the radio, drinking coffee and opening windows are not real cures for drowsiness

Did you know that driver fatigue is one of the leading contributors to large-truck crashes? Not only does fatigued driving impair response time, it increases the chances of being involved in an crash.

Here’s what’s even more frightening. 37 percent of drivers surveyed by the National Highway Traffic Safety Administration admitted to falling asleep at the wheel at some point in their driving careers.

Supporting a long-standing tradition of safety

At Ryder, safety has been a defining philosophy since its foundation nearly 80 years ago. With one of the leading safety records in the industry, Ryder is committed to extending the reach of its safety leadership to help you realize the same benefits for your drivers and fleet operations.

Ryder offers a dedicated team of safety experts, comprehensive safety and compliance programs, training options and products to help you run a safer and smarter fleet.

To discover how reducing driver fatigue can help you create a safety-driven culture, contact Ryder at 1-800-RYDER-OK.  

1 U.S. DOT FMCSA, Tips for staying healthy and well rested during trips