



WARNING SIGNS OF FATIGUE

Fatigue is an ever-present possibility in the transport industry. Morrow's Freightlines does not sanction or expect drivers to drive when they are fatigued.

If drivers feel fatigued during a trip and they need to make an unscheduled stop for rest that will affect the ETA, they must contact operations immediately advising they will be taking a break. This is very important so customers can be advised of the vehicles late arrival.

Drivers should be well aware of the signs of fatigue. The following are some of the more common signs of fatigue:

- yawning;
- heaviness in the eyes;
- head drops;
- dimmed vision;
- pressure in the head and temples;
- thirst and hunger;
- painful bottom/stiffness/cramps;
- sweating hands;
- twitching;
- irritability, impatience;
- day dreaming;
- thoughts wandering;
- vehicle wandering in lane; and
- unable to maintain a constant speed.

The only cure for fatigue is sleep or rest.

Disengage cruise-control if you are fatigued.