

ARRIVE ALIVE

DRIVER FATIGUE | BCoFD

2020 FIREFIGHTER
SAFETY
STAND DOWN



While emergency vehicle drivers/operators may not be required to drive for long hours, we do work longer shifts-up to 24 hours without a break. Working long hours is likely to cause physical and/or mental stress, which can lead to fatigue and drowsiness during emergency vehicle driving/operations. Fatigued drivers may experience delayed reaction time and longer time to recognize hazards on the roadway. Fatigue reduces visual efficiency and obstructs decision making, as demonstrated by overestimating the distance to roadside traffic signs inconsistencies in lane position. Drivers may not recognize these symptoms until its too late.

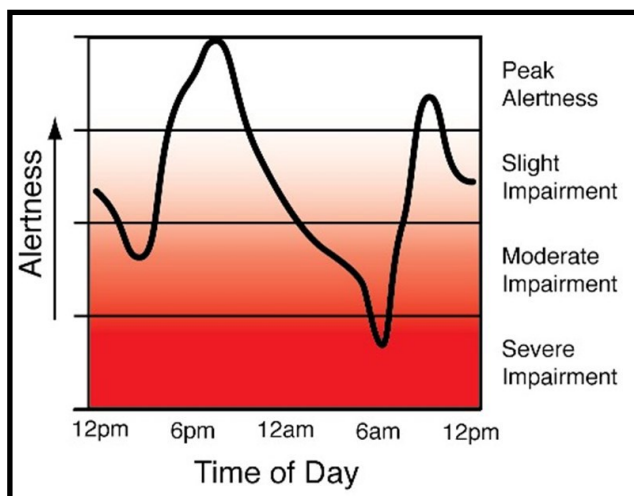
SIGNS

- ⇒ **Changes in mood**
- ⇒ **Failure to complete routines**
- ⇒ **Increased reaction time**
- ⇒ **Degraded attention and vigilance**
- ⇒ **Increased distractibility and confusion**
- ⇒ **Decreased motivation**

"Safety Naps"

- Not a substitute for night time sleep
- Short naps improve mood, alertness and performance
- Limit to 20-30 minutes
- Longer than 45 minutes can be counterproductive

PREVENTION



- **Create a routine for sleep to maintain a rhythm for your body-go to bed and get up at the same time every day**
- **Remove distractions from your sleep environment such as phones or computers**
- **Create a comfortable and clean sleep environment**
- **Avoid heavy foods, alcohol, and caffeine before bed**
- **Allow about three hours between exercise and bed time to allow your body to cool down**