

100%

Safety

TOOLBOX TALK

DRIVING FATIGUE

Recognize the signs. Stop safely.

5
MINUTES

Fatigue slows attention and reactions. Plan travel around rest and work demands, and act on warning signs before driving becomes unsafe.

LET'S TALK

1

What signs tell us to stop?

2

Where is a safe rest place?

3

Who can change the trip?



Use the fatigue and journey management procedures.

Sources: CCOHS fatigue; Transport Canada fatigue guidance.

ACT ON FATIGUE



Check readiness:

Check sleep, shift length, illness and medications before driving.



Watch early signs:

Notice repeated yawning, heavy eyelids and difficulty concentrating.



Recognize lost focus:

Missed turns, lane drift or gaps in recall mean driving is unsafe.



Stop safely:

Use a suitable rest area or safe parking place. Do not push on to finish.



Notify and adjust:

Tell dispatch or your supervisor. Arrange rest, a replacement driver or changed travel.



Return when ready:

Reassess alertness before restarting. Plan enough sleep and breaks for the next trip.



STOP BEFORE YOU NOD OFF!

Open windows, music and caffeine do not replace sleep. If you cannot stay alert, stop driving and arrange a safe alternative.



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