



Trucking & Harvesting Advisory Group

## DRIVING FOR SAFETY



# Preparing for Night Shifts

### Steps to fight fatigue

1. **Start going to bed and waking earlier-** do this a couple weeks in advance of changing over to the night shift. Try doing it in 30 minute increments.
2. **Prepare your sleep environment-** make your room dark and quiet. Remind loved ones not to disturb you while you are sleeping and turn off your cell phone.
3. **Consistent Routine-** once on the night shift keep your routine consistent even on days off.
4. **Strategic Caffeine Use-** Have one cup of coffee in the morning (the beginning of your day) then have another of coffee or caffeinated beverage after lunch aka the mid day slump.
5. **Take a Nap-** If the chance presents itself while on duty take a 20 minute nap but no more than 20 minutes or you will find yourself more tired.
6. **Physical Activity-** During your shift get up and walk around or try doing jumping jacks to beat the fatigue
7. **Bright Light-** Getting exposure to bright light can help make your body more alert. Spend an extra few minutes in the scale shack to keep yourself alert.
8. **Prioritize Sleep-** Get as much sleep as you can, ideally 8 hours.

## SAFE DRIVING IS GOOD BUSINESS