

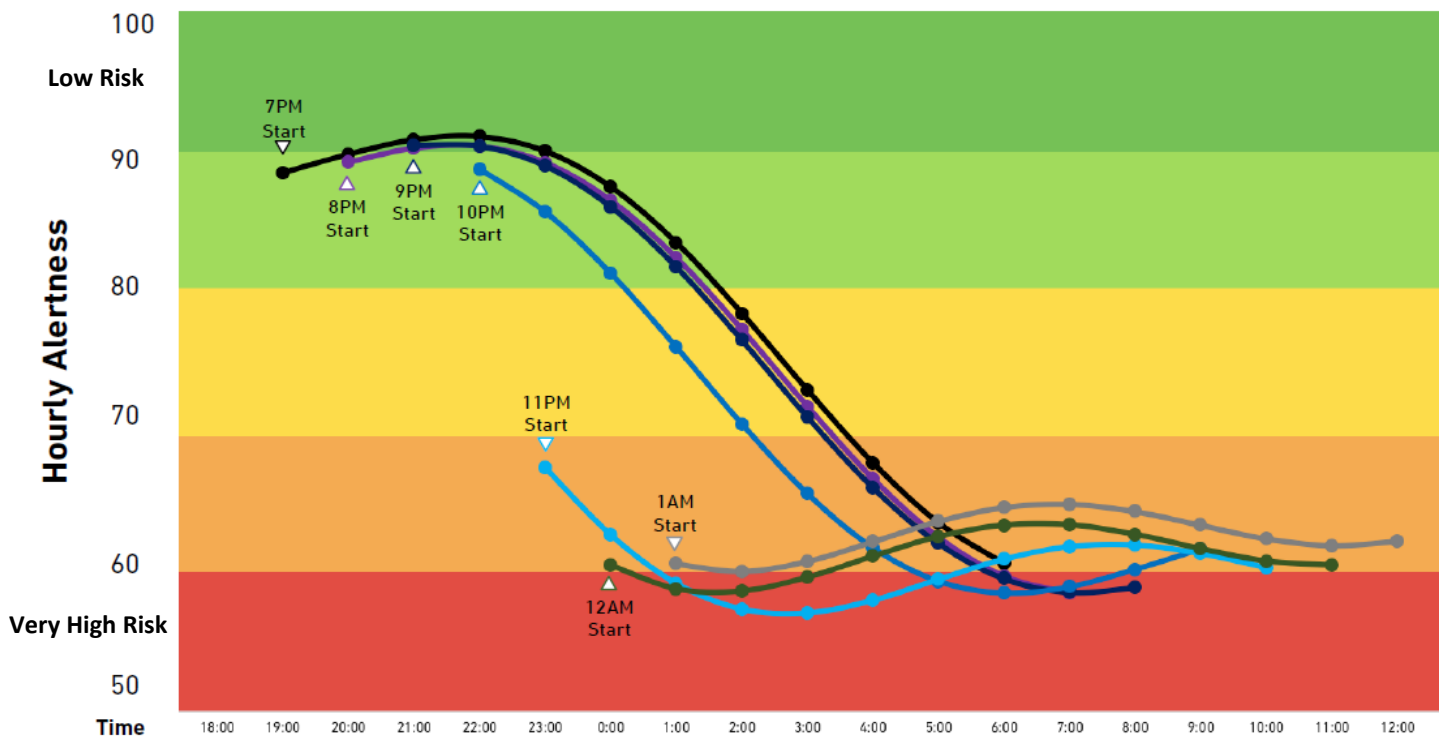


Trucking & Harvesting Advisory Group

## Driving For Safety

# DUTY START TIMES and RISK

Hourly on duty risk can vary significantly depending on duty start time. The chart below will help determine when alertness is reduced resulting in a higher risk of a fatigue related incident.



**Strategic caffeine use** — caffeine can give you a temporary boost but try to avoid it within 5-8 hours of bedtime, as it may impact your sleep.

**Take a rest** — try and take a 15-20 minute rest (i.e. while waiting to get loaded or unloaded.)

**Physical activity** — Get out and walk around when you can (i.e. while waiting in line to get unloaded.)

**Optimize your sleep opportunity**—schedule your sleep period so that it ends as close to shift start as possible.

*The above data analysis has been provided by Fatigue Science and is based on the 2016/17 Log Hauler Fatigue Research Project*

## Safe Driving is Good Business