

Delivery drivers: preventing fatigue

Takeaways

- Fatigue is a feeling of being worn out, tired, and lacking energy.
- When you are fatigued, you have a slower reaction time and have a hard time focusing. These can lead to avoidable mistakes and serious injuries.
- Pay attention to warning signs of being fatigued.
- To help prevent fatigue, get enough sleep, drink plenty of water, get regular movement in your life, and find ways to reduce emotional stress.

Fatigue is the overall feeling of being tired or lacking energy. Studies have shown that fatigue can fog your brain and can have the same impact as alcohol and drugs on activities like driving. When you're fatigued, you may be physically present, but not mentally engaged; you may have a slower reaction time and a hard time focusing. This can lead to avoidable accidents and injuries, such as trips and falls or motor vehicle accidents. Chronic fatigue can also have serious health consequences, including obesity, high blood pressure, and diabetes.

Delivery drivers are at an increased risk for fatigue because they sometimes start very early in the morning, work long days that often include overtime, and perform very physical work in a fast-paced environment.

Signs that you are fatigued:

- Heavy caffeine consumption
- Frequent errors or difficulty processing information
- Yawning or heavy eyes
- Difficulty remembering the last few miles of the drive
- Turning up the radio or rolling down the window

Tips to reduce fatigue:

- Connect with loved ones
- Do activities that bring you joy to help reduce emotional stress
- Take frequent micro breaks throughout the day to improve alertness
- Get regular movement; strive for 30 minutes a day
- Get 7-9 hours of sleep. Avoid screen time, caffeine, and alcohol before bed, keep your room cool and dark and try to keep a regular sleep schedule
- Drink plenty of water (not just energy drinks and coffee!)
- Reduce processed foods in your diet



Take action (Complete one or more activities as a team)

- GROUP DISCUSSION: Review your company policy on fatigue.
- DEMONSTRATION: Lead the group in warm up exercises. Use the QR code or link to watch the video on Exercise Bites (bit.ly/3FPVdLH).
- QUESTION: What are some things you can do to prevent fatigue?



**Safety talk
sign-in sheet**

Record your attendees for compliance.

Instructor's name: _____

Date of training: _____

ATTENDEE NAME (Print)

ATTENDEE SIGNATURE

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