For the Trainer

Hand out page 2 to each driver. Use page 1 (this page) as your guide and ask the questions below. Guide the conversation to get the correct answer. Many questions have more answers listed then required.

Drivers should complete page 2 by writing in the answers, signing and dating the handout. Once the training is completed collect page 2 for your training file.

For the best result, supplement this training with an online training program or DVD’s.

**1. What time of day is fatigue driving the most likely?**

¨ Between midnight and 6 am

**2. Name two (2) of the most common impacts on drivers while driving fatigued?**

¨ Ability to perceive distances

¨ Slowed response time.

**3. Name three (3) of the most common causes of fatigue?**

¨ Lack of sleep or quality of sleep

¨ Lack of exercise

¨ Poor diet

¨ Medication.

¨ Fatigue can also be caused by sleep apnea; sleep apnea is a medical condition that will contribute to fatigue due to the frequent waking at night.

**4. What is a mini snooze?**

¨ A 4 to 5 second nap.

5. **Name two (2) ways drivers can avoid fatigue?**

¨ Get 7 hours a sleep at night,

¨ Take breaks during the work day to move around

¨ Eat healthy foods.

**For the Driver**

Write your answers to the questions below, print and sign your name, date and turn this into your trainer.

1. What time of day is fatigue driving the most likely?

2. Name two (2) of the most common impacts on drivers while driving fatigued?

3. Name three (3) of the most common causes of fatigue?

4. What is a mini snooze?

5. How do drivers avoid being fatigued?

Driver Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Driver Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Trainer Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_