

# Longshore Safety Tip

No. May 2004

## *Fighting Fatigue/Staying Healthy & Alert # 3*

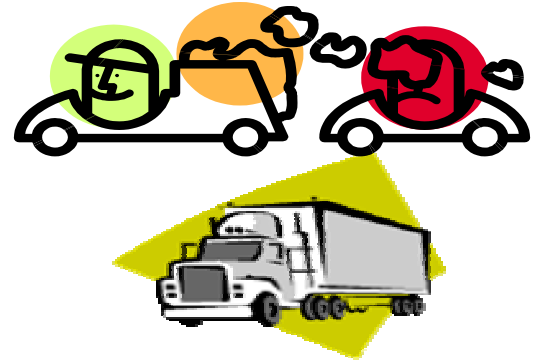
### *3. STAYING ALERT BEHIND THE WHEEL*

#### *The Importance of Safe Driving*

*On the job you spend a lot of time driving Large pieces of equipment. At the wheel of a Semi Tractor , Top Pick, Fork Lift etc. you can easily forget how dangerous it can be. You control thousands of pounds of metal. One mistake can be very costly, or even fatal to yourself or your fellow Workers.*

*That mistake might not even be yours—someone else's mistake can hurt you. By staying alert and attentive to your surroundings, you will ensure not only your safety , but the safety of others working around you.*

*Fatigue doesn't just mean falling asleep at the wheel. There are many other ways fatigue can cause Accidents.*



#### *Exercising Judgment*

*When we're tired, we more often make bad decisions. Overtired people tend to take risks they wouldn't normally take. Since dockworkers are operating heavy equipment (or working closely around them), it's important to avoid being fatigued so we don't make bad judgments at the wrong time.*

#### *Driving and Sleeping: A Bad Mix*

*Falling asleep behind the wheel is can happen a lot easier then you think. You may not realize how tired you are. Sometimes microsleeps come on fast—first you're feeling a little tired, then all of a sudden your eyes are closed! Every time you get behind the wheel you need to ask yourself whether you feel too tired to drive.*



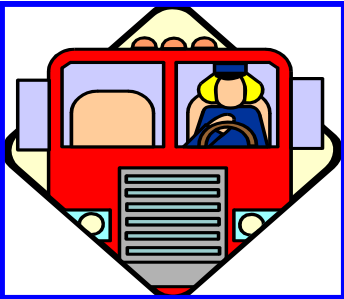
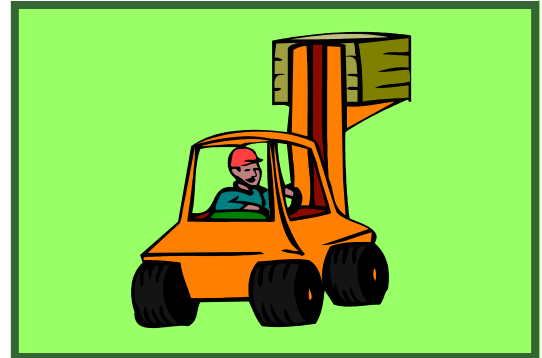
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# Fighting Fatigue/Staying Healthy & Alert # 3

## The Ride Home

*After a long shift, the drive home can be the most dangerous drive of all. Be particularly careful on the open highway—it's easy to lose attention, or nod off when you are tired and the drive is Monotonous.*



## Quick Tricks for Staying Awake

**Coffee:** *The oldest trick in the book—just don't get too dependant!*

**Nap:** *Stopping for a brief nap of 10-20 minutes during lunch is the best fix for drowsiness. Make sure you park in a safe place!*

**Fresh air:** *A short-term fix, but not a substitute for rest.*

## How Fatigue Affects Driving

- *Microsleeps: Sleep-at-the-wheel accidents can be deadly. There are a lot of twist & turns while driving on a terminal.*
- *Inattention: Our minds tend to wander when we're tired so we lose focus on the task at hand.*
- *Judgment: Fatigue can lead you to take risks you wouldn't usually take.*
- *Divided attention: Talking on the radio or looking for containers while driving, becomes more difficult when you're tired.*
- *Irritability: We've all experienced a little road rage once in a while; this becomes more likely and more dangerous when we're tired.*
- *Impatience: We lose patience when we're tired, and make impatient decisions that aren't smart safety moves.*
- *Reaction time: Our minds and bodies work a little slower when we're tired—sometimes just a second or two is the difference between having an accident and avoiding one.*

*Can you stay alert behind the wheel? Will fatigue increase the risk of an accident or injury on the job?*

**WILL YOU BE FIT FOR WORK? IT'S YOUR CHOICE !**