



MONTHLY SAFETY MEETING

Date: SEPTEMBER 2019
Subject: Drowsy Driver Prevention

Tow truck operators rarely have an easy schedule. With the high demand of this 24 hours a day, 7 days a week industry we often overlook the importance of proper rest.

We take the month of September to highlight the effects of drowsy driving. According to the National Sleep Foundation, **60 percent** of adults in the U.S. report that they have driven while they were drowsy. One-third of the respondents reported that they had fallen asleep behind the wheel while they were driving.

Sleep deprivation can have the same dangerous effect on drivers as alcohol consumption. Getting less than 4 hours of sleep a night may have the same effects as having a .12% blood alcohol content. Less than 2 hours of sleep you are considered unfit to drive. 7-8 hours of sleep a night is recommended to insure safe driving abilities. Drowsy driving has been linked to over a million collisions per year, over 5,000 of those resulting in death.

The average cost of a vehicle accident involving a fatality is over 3 million dollars.

What can we do as an industry to reduce and or prevent such situations?

- We suggest you get a minimum of 7 hours of uninterrupted sleep per night.
- Eat healthy, try to avoid high sugar / high caffeine snacks or drinks that may raise your blood pressure or give you the anxiety.
- Pull over, take a few minutes to walk around and get your blood flowing. This will be more effective than opening windows or turning the music louder.
- Stay hydrated - dehydration can cause fatigue and weakness.
- Take a nap, research shows a quick 5-25-minute nap is very effective.

Additional information can be found at the National Sleep Foundation,
<https://www.sleepfoundation.org/>

If you are one of the many with diabetes, allergies, blood pressure issues etc., and are taking prescription medicine ordered by your doctor, read about the side-effects these medications may have. Go to WebMD (<https://www.webmd.com/drugs/2/index>) and read all about all the side-effects these medications may have. If you are experiencing any of the symptoms described, discuss this issue with your employer. Driving longer than you should under the influence of controlled medications may have consequences. We suggest you keep a record of all the prescription medicine you take, including the dosage in your wallet, just in case of an emergency. **NOTE:** Over the counter medications, they may have the same side-effects as regular prescribed medications, (read the label).