

DRIVER TRAINING SERIES



DRIVER WELLNESS



A background image showing several people's hands raised in a meeting or conference setting. The hands are in various positions, some open and some with fingers slightly curled, suggesting an active discussion or voting process. The background is blurred, focusing attention on the hands.

AGENDA

Purpose: To Save Lives and Prevent Collisions.

Goal: Foster a Discussion on the Importance of Sound Mind and Body to safe driving.

OVERVIEW

- How to spot the signs of compromised driver wellness.
- Steps to improving overall driver wellness.
- Honest discussion of actual events that have occurred and how they might have been prevented.



FACTS & FIGURES

- According to one post, the national highway transportation safety administration (NHTSA) says. Drowsy driving kills but is preventable. They attribute 697 deaths in 2019 to drowsy driving related crashes.
- In another article, jesse blatt, NHTSA senior research psychologist estimated that fatigue and sleep deprivation, contributes to as many as 100,000 reported collisions annually in the US, resulting in as many as 1500 deaths.
- What contributes to drowsy driving?





BE AWARE OF THE SIGNS

- Dark circles under the eyes
- Sadness, signs of depression
- Sudden anger or irrationality
- Unexplained behavioral changes
- Slow reaction time
- If these signs occur, be willing to talk about them and ask for help



DROWSY DRIVING

- Get enough sleep
 - How many hours of sleep per night do you get?
- Maintain a healthy diet and exercise
 - How many of you eat breakfast every day?
- Engage in healthy recreational activities
- Know your limits



FATIGUE / LACK OF SLEEP

- Maintain a reasonable workload, discuss with your supervisor if demands are unreasonable
- Identify what is keeping you from sleeping and take steps to address it
- Get regular health checkups, inability to sleep or sleep soundly may be a symptom of a treatable medical condition such as sleep apnea
- Take your breaks
- Eat healthy snacks



STRESS

- We cannot always eliminate stress but can take steps to deal with it.
- Speak with a counsellor or trusted friend about what causes you stress and take steps to proactively eliminate unnecessary stress
- Take time off when needed and earned
- If you have a personal issue causing you unavoidable stress, discussing with your supervisor or HR may take some of the pressure off

THE CHALLENGE

IT PAYS TO BE A WINNER

- Rules: Do something helpful to ease someone else's stress or fatigue or just give an encouraging pat on the back when you think it is needed. All participants will then vote for their MVP.
- Prize Announcement

[View Training Videos](#)



LINKS TO RELATED BLOG POSTS

[Getting drowsy while driving is dangerous business](#)

[7 costly driving habits that are easy to break - safety](#)





ADDITIONAL RESOURCES

SUGGEST A TRAINING:

MARKETING@FLEETISTICS.COM

REQUEST TRAINING:

TRAINING@FLEETISTICS.COM

**MORE INFORMATION ON DASHCAMS, LONE
WORKER, DVIR, ASSET TRACKING, IOT**

SALES@FLEETISTICS.COM

CONTACT US:

CONTACT@FLEETISTICS.COM 877.467.0326

A row of white utility trucks, likely fire trucks or maintenance vehicles, parked on a gravel lot. The trucks are equipped with orange emergency lights on their roofs. The background shows a dense line of green trees. A white rectangular box is overlaid on the center of the image, containing text.

USE THIS LINK TO ACCESS YOUR
NEXT TRAINING CLASS AGENDA