

ITF says FATIGUE KILLS!

There are many warning signs for fatigue. A combination of any of the following signals shows that the driver is becoming fatigued:

- yawning
- eyes feeling sore or heavy
- vision starting to blur
- start seeing things
- daydreaming and not concentrating
- becoming impatient
- feeling hungry or thirsty
- reactions seem slow
- feeling stiff or cramped
- driving speed creeps up or down
- starting to make poor gear changes
- wandering over the centre line or onto the road edge.

[Australian Transport Safety Bureau]

When you notice some of these warning signs, you are advised to take a break. The efforts of the individuals are, however, limited. A trade union can negotiate better conditions collectively with your employer. Do you have trade union representation at your workplace?