



INCIDENT REVIEW

Driver Fatigue

MTRMA's goal is to share helpful information in order to assist members in the efforts of reducing work related injuries

Please review the below accident scenario to analyze if any safety controls are needed within your organization, to prevent a similar incident from occurring.

Topic: Driver Fatigue resulting in MVA

Accident Scenario: Driver fell asleep, ran off the road hitting a power line and bridge causing injuries.



**Potential Discussion Points/
Preventative Action:**

1. Get enough sleep before entering the truck and getting behind the wheel.
2. Maintain a healthy diet.
3. Recognize signals and dangers of drowsiness.
4. Refrain from taking any medication that may make them drowsy.
5. Refrain from relying on "alertness tricks" to stay awake, these are not real cures for drowsiness:
 - a. Turning up the radio
 - b. Drinking coffee
 - c. Opening the window

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