



# Timber Times

Partners for Healthy Forests

FEBRUARY 2017

## SPECIAL POINTS OF INTEREST

- Driver Fatigue  
– Facts & Stats
- Who is at  
Risk?
- Tips for Safe  
Driving
- Helpful Links

## Safety Flyer

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Hello All,

Logging is dangerous work, and safety has always been a primary focus for CTIA. I hope these monthly safety flyers contribute to your company safety program and to the safety of you and your crews.

Please share this safety flyer with your employees, contractors, or fellow loggers. If you'll send me their email address, we'll add them to our list. Our goal is safety for every logger, trucker, and mill worker in Colorado.

If you find an interesting article or an OSHA related issue, please share with me so I send to our email list or incorporate into a future Safety Flyer.

Molly

The Colorado Timber Industry Association (CTIA) is an association of small, family-owned businesses committed to logging, processing and performing service work in the forests of Colorado. We are exceptional partners to the public and private stewards of our valuable and beautiful forests. We embrace Best Management Practices (BMPs) and sustainable forestry. To meet these values, we host annual continuing education classes on BMPs and conduct field audits to demonstrate our accountability to high quality, active management designed to promote long term forest health.

# DRIVER FATIGUE – Facts and Stats

According to the National Sleep Foundation's 2005 *Sleep in America* poll, 60% of adult drivers – about 168 million people – say they have driven a vehicle while feeling drowsy in the past year, and more than one-third, (37% or 103 million people), have actually fallen asleep at the wheel! In fact, of those who have nodded off, 13% say they have done so at least once a month. Four percent – approximately eleven million drivers – admit they have had an accident or near accident because they dozed off or were too tired to drive.

The National Highway Traffic Safety Administration conservatively estimates that 100,000 police-reported crashes are the direct result of driver fatigue each year. This results in an estimated 1,550 deaths, 71,000 injuries, and \$12.5 billion in monetary losses. These figures may be the tip of the iceberg, since currently it is difficult to attribute crashes to sleepiness.

- There is no test to determine sleepiness as there is for intoxication, i.e. a "Breathalyzer".
- State reporting practices are inconsistent. There is little or no police training in identifying drowsiness as a crash factor. Every state currently addresses fatigue and/or sleepiness in some way in their crash report forms. However, the codes are inconsistent and two states (Missouri and Wisconsin) do not have specific codes for fatigue and/or fell asleep.
- Self-reporting is unreliable.
- Drowsiness/fatigue may play a role in crashes attributed to other causes such as alcohol. About one million such crashes annually are thought to be produced by driver inattention/lapses.
- According to data from Australia, England, Finland, and other European nations, all of whom have more consistent crash reporting procedures than the U.S., drowsy driving represents 10 to 30 percent of all crashes.



# DRIVER FATIGUE - Who is at Risk?

Sleep related crashes are most common in young people, especially men, adults with children and shift workers. According to the NSF's 2002 poll:

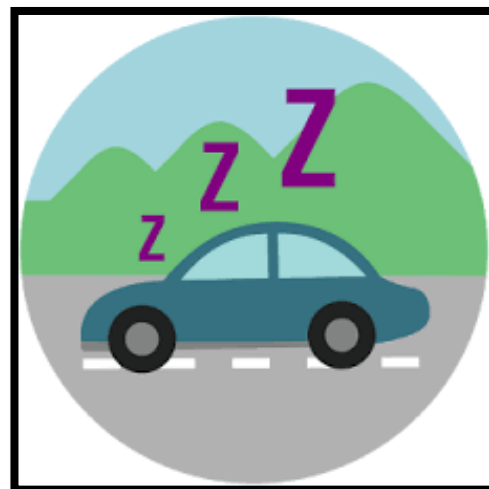
- Adults between 18-29 are much more likely to drive while drowsy compared to other age groups (71% vs. 30-64, 52% vs. 65+, 19%).
- Men are more likely than women to drive while drowsy (56% vs. 45%) and are almost twice as likely as women to fall asleep while driving (22% vs. 12%).
- Adults with children in the household are more likely to drive drowsy than those without children (59% vs. 45%).
- Shift workers are more likely than those who work a regular daytime schedule to drive to or from work drowsy at least a few days a month (36% vs. 25%).
- Sleep deprivation increases the risk of a sleep-related crash; the less people sleep, the greater the risk. According to a study by the AAA Foundation for Traffic Safety, people who sleep six to seven hours a night are twice as likely to be involved in such a crash as those sleeping 8 hours or more, while people sleeping less than 5 hours increased their risk four to five times.
- A study by researchers in Australia showed that being awake for 18 hours produced an impairment equal to a blood alcohol concentration (BAC) of .05, and .10 after 24 hours; .08 is considered legally drunk. Other research indicates commercial drivers and people with undiagnosed sleep disorders such as sleep apnea and acute insomnia are also at greater risk for fall asleep crashes.

Nearly three-quarters of adults in America (71%) drive a car to and from work, and many are drowsy drivers, according to NSF's 2001 Sleep in America poll. More than one-fourth of these respondents (27%) said they have driven drowsy to or from work at least a few days a month, 12 percent drove drowsy a few days a week, and four percent said they drove drowsy every day or almost every day.



Sleep deprivation and fatigue make lapses of attention more likely to occur, and may play a role in behavior that can lead to crashes attributed to other causes.

- According to NSF's 2000 Sleep in America poll, when they are driving drowsy, 42 percent of those polled said they become stressed, 32 percent get impatient and 12 percent tend to drive faster.
- In the same poll, about one in five drivers (22%) said they pull over to nap when driving drowsy. Older adults are more likely to pull over and nap than younger drivers, who are most likely to drive when drowsy and least likely to pull over and nap.
- People tend to fall asleep more on high-speed, long, boring, rural highways. However, those who live in urban areas are more likely to doze off while driving compared to people in rural or suburban areas (24% vs. 17%).
- Most crashes or near misses occur between 4:00 – 6:00 a.m.; midnight – 2:00 a.m. and 2:00 – 4:00 p.m. are also peak times for crashes to occur. Nearly one-quarter of adults (23%) say they know someone personally who has crashed due to falling asleep at the wheel.
- In NSF's 1999 Sleep in America poll, 60 percent of parents with children who drive living in the household said they have not discussed the dangers of falling asleep at the wheel. In the 2002 poll, nearly all respondents (96%) agreed that information about driving while drowsy should be included in tests for a driver's license.



# DRIVER FATIGUE –Tips for Safe Driving

## **TIP #1: Get Enough Sleep Before Getting Behind the Wheel**

Be sure to get an adequate amount of sleep each night. If possible, do not drive while your body is naturally drowsy, between the hours of 12 a.m. to 6 a.m. and 2 p.m. to 4 p.m. Driver drowsiness may impair a driver's response time to potential hazards, increasing the chances of being in a crash. If you do become drowsy while driving, be sure to choose a safe place to pull over and rest.

**Did You Know?** The circadian rhythm refers to the wake/sleep cycle that our body goes through each day and night. The cycle involves our internal clock and controls the daily pattern of alertness in a human body. With inadequate sleep, the drowsiness experienced during natural "lulls" can be even stronger and may have a greater adverse effect on a driver's performance and alertness.

**Did You Know?** A study by the Federal Motor Carrier Safety Administration (FMCSA) found that driver alertness was related to "time-of-day" more so than "time-on-task." Most people are less alert at night, especially after midnight. This drowsiness may be enhanced if you have been on the road for an extended period of time.

**Did You Know?** A recent study conducted to determine the risk of having a safety-critical event as a function of driving-hour suggests that incidents are highest during the first hour of driving. The authors hypothesize that drivers may be affected by sleep inertia shortly after waking from sleep. This may be especially true for drivers who sleep in the sleeper berth. Sleep inertia refers to impairment in a variety of performance tasks, including short-term memory, vigilance, cognitive functioning, reaction time, and ability to resist sleep.

## **TIP #2: Maintain a Healthy Diet**

Skipping meals or eating at irregular times may lead to fatigue and/or food cravings. Also, going to bed with an empty stomach or immediately after a heavy meal can interfere with sleep. A light snack before bed may help you achieve more restful sleep. Remember that if you are not well-rested, induced fatigue may cause slow reaction time, reduced attention, memory lapses, lack of awareness, mood changes, and reduced judgment ability.

**Did you Know?** A recent study conducted on the sleeping and driving habits of CMV drivers concluded that an unhealthy lifestyle, long working hours, and sleeping problems were the main causes of drivers falling asleep while driving.

### **TIP #3: Take a Nap**

If possible, you should take a nap when feeling drowsy or less alert. Naps should last a minimum of 10 minutes, but ideally a nap should last up to 45 minutes. Allow at least 15 minutes after waking to fully recover before starting to drive.

**Did you know?** Short naps are more effective at restoring energy levels than coffee.

**Did you know?** Naps aimed at preventing drowsiness are generally more effective in maintaining a driver's performance than naps taken when a person is already drowsy.



### **TIP #4: Avoid Medication That May Induce Drowsiness**

Avoid medications that may make you drowsy if you plan to get behind the wheel. Most drowsiness-inducing medications include a warning label indicating that you should not operate vehicles or machinery during use. Some of the most common medicines that may make you drowsy are: tranquilizers, sleeping pills, allergy medicines and cold medicines.

**Did You Know?** In a recent study, 17 percent of CMV drivers were reported as having “over-the-counter drug use” at the time of a crash.

**Did You Know?** Cold pills are one of the most common medicines that may make you drowsy. If you must drive with a cold, it is safer to suffer from the cold than drive under the effects of the medicine.



**May Cause  
Drowsiness**



**MAY CAUSE DROWSINESS.  
ALCOHOL MAY INTENSIFY THIS EFFECT  
USE CARE WHEN OPERATING A CAR  
OR DANGEROUS MACHINERY**

### **TIP #5: Recognize the Signals and Dangers of Drowsiness**

Pay attention: Indicators of drowsiness include: frequent yawning, heavy eyes, and blurred vision.

**Did You Know?** Research has indicated that being awake for 18 hours is comparable to having a blood alcohol concentration (BAC) of 0.08 percent, which is legally intoxicated and leaves you at equal risk for a crash.

**Did You Know?** A 2005 study suggests that three out of every four CMV drivers report having experienced at least one type of driving error as a result of drowsiness.

**Did You Know?** On October 16, 2005 at 2 a.m., a 23-year-old CMV driver fell asleep behind the wheel, causing him to enter a ditch and eventually roll his truck over on both west-bound lanes of Interstate 94. Minutes later, a charter bus carrying a school band crashed into the truck killing 5 and injuring 29 others. As a result of the crash, the CMV driver was charged with 5 counts of homicide by negligent operation of a vehicle and 29 counts of reckless driving that caused great bodily harm. If convicted he could have faced nearly 90 years in prison.



### **TIP #6: Do Not Rely on "Alertness Tricks" to Keep You Awake**

Behaviors such as smoking, turning up the radio, drinking coffee, opening the window, and other "alertness tricks" are not real cures for drowsiness and may give you a false sense of security.

**Did You Know?** Excessive intake of caffeine can cause insomnia, headaches, irritability, and nervousness.

**Did You Know?** It takes several minutes for caffeine to get into your system and deliver the energy boost you need, so if you are already tired when you first drink a caffeinated drink, it may not take effect as quickly as you might expect. In addition, if you are a regular caffeine user, the effect may be much smaller.

**Did You Know?** Rolling the window down or turning the radio up may help you feel more alert for an instant, but these are not effective ways to maintain an acceptable level of alertness.

# Helpful Links

<https://www.fmcsa.dot.gov/safety/driver-safety/cmv-driving-tips-driver-fatigue>

<http://drowsydriving.org/about/facts-and-stats/>

<https://www.transportation.gov/fastlane/why-we-care-about-truck-driver-fatigue>

<https://www.cdc.gov/features/dsdrowsydriving/>

