

Heavy Vehicle Driver Fatigue Research Key Findings

Greatest alertness levels can be achieved under current standard day driving hours for shifts starting between 6am – 8am including all rest breaks.



Greatest risk of an increase in drowsiness occurs:



of day driving
(when a driver starts a shift before 9am).



of night driving
(when a driver starts a shift in the afternoon or evening).

After

5 consecutive shifts

when driving again for over 13 hours.

When a driver undertakes a **backward shift rotation**

(from an evening, back to afternoon, or an afternoon back to a morning start)



During nose-to-tail shifts where a

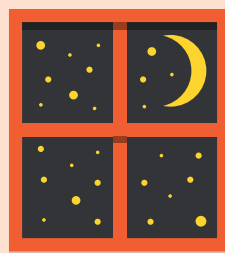
7 hour break only enables

5 hours of sleep,

a duration previously associated with a three-fold increased risk for motor vehicle accidents

When driving an early shift that starts **after midnight and before 6am**

After long shift sequences of more than **7 shifts**



During the first 1-2

night shifts

a driver undertakes and during long night shift sequences