









Driving Fatigue (2007)		
Time	Facilitator Tasks	Refer To
	<ul style="list-style-type: none"> <li> Print <u>page 2</u> for students</li> </ul>	
6 min	<ul style="list-style-type: none"> <li> Play Video: <u>Driving Fatigue</u></li> </ul>	Video
5 min	<ul style="list-style-type: none"> <li>  Discuss with students driving safety concerns and procedures that are specific to your local unit.</li> </ul>	
10 min (optional)    <i>Estimate Total Time:</i> <b>11</b> min	<div style="text-align: center;">     <u><b>Facilitator's Notes</b></u> </div> <p style="text-align: center;"> Optional Discussion:  Have students read the statements on driving safety on their own at a later time.  OR  Have students read and discuss the statements on driving safety in class. </p> <div style="text-align: center;">  </div>	Page 2

## **Driving Fatigue (2007)**

**Group/Individual Task:**

**Review the following statements in class and discuss in your groups or read independently on your own.**

- **The vehicle accidents reported in 2006 revealed, incredibly, that many firefighters were not wearing seatbelts.**
- **Driving is one of the most hazardous tasks we perform when assigned to fires. Vehicle operators should strive to develop proper defensive driving techniques. Take a good hard look at your driving habits. Are you training yourself to do the right things the right way? Are you using your seat belt, checking your mirrors, maintaining safe following distances, and not exceeding the capabilities of your equipment?**
- **Inattentiveness is a major contributing factor in motor vehicle accidents. Inattentiveness stems from fatigue, daydreaming, eating, drinking, reading, writing, talking, adjusting the radio or other telematic systems. Some techniques for maintaining your attention while driving include:**
  - **Drive only when you are alert and well rested. Avoid driving between 1000 hours and 0600 hours. Take 15 minute breaks every 2 hours.**
  - **Practice situational awareness when driving; be aware of what is happening in front, behind, and on both sides of your vehicle. Never drive when taking medications that make you drowsy.**
  - **Avoid using cell phones, radios, GPS units, CD players or computers while driving. Have a passenger operate or pull off the road and park.**
  - **Avoid eating and drinking while driving.**
  - **Constantly move your vision, check mirrors and distant road conditions.**
  - **When talking to passengers, keep your eyes on the road. Avoid conversations of a serious, confrontational, argumentative, or technical nature.**
  - **Do not be in a hurry.**
- **Safe driving starts with a safe vehicle. Perform pre-operations inspections and maintain a routine maintenance schedule.**
- **Know your vehicle's operational capabilities and limitations.**