

## Notes for presenter

1. This awareness pack is designed to be used as;
  - Part of an induction programme for new drivers
  - A tool to regularly raise awareness about the dangers of driver fatigue
2. It is designed to be facilitated by a **local Manager or Supervisor** and should take around 45 – 60 minutes to deliver. Speaker notes are included to support delivery. Presenters must familiarise themselves with the materials (and speaker notes) in advance of presenting.
3. The materials are designed to allow discussion and engagement between the presenter and the audience. Where possible the presenter should use a whiteboard or flipchart to capture participant comments, feedback and suggestions.
4. The content – including wording, statistics and inclusion of local incidents – can/should be customised for specific regions.

### Useful websites for additional background information:

<http://www.fatigueimpairment.ca> (Canada)

<http://www.driverfatiguekills.com> (Australia)



**STOP!**  
**REVIVE!**  
**SURVIVE!**

**DRIVER FATIGUE: AN AWARENESS SESSION  
FOR DRIVERS AND DRIVER SUPERVISORS**

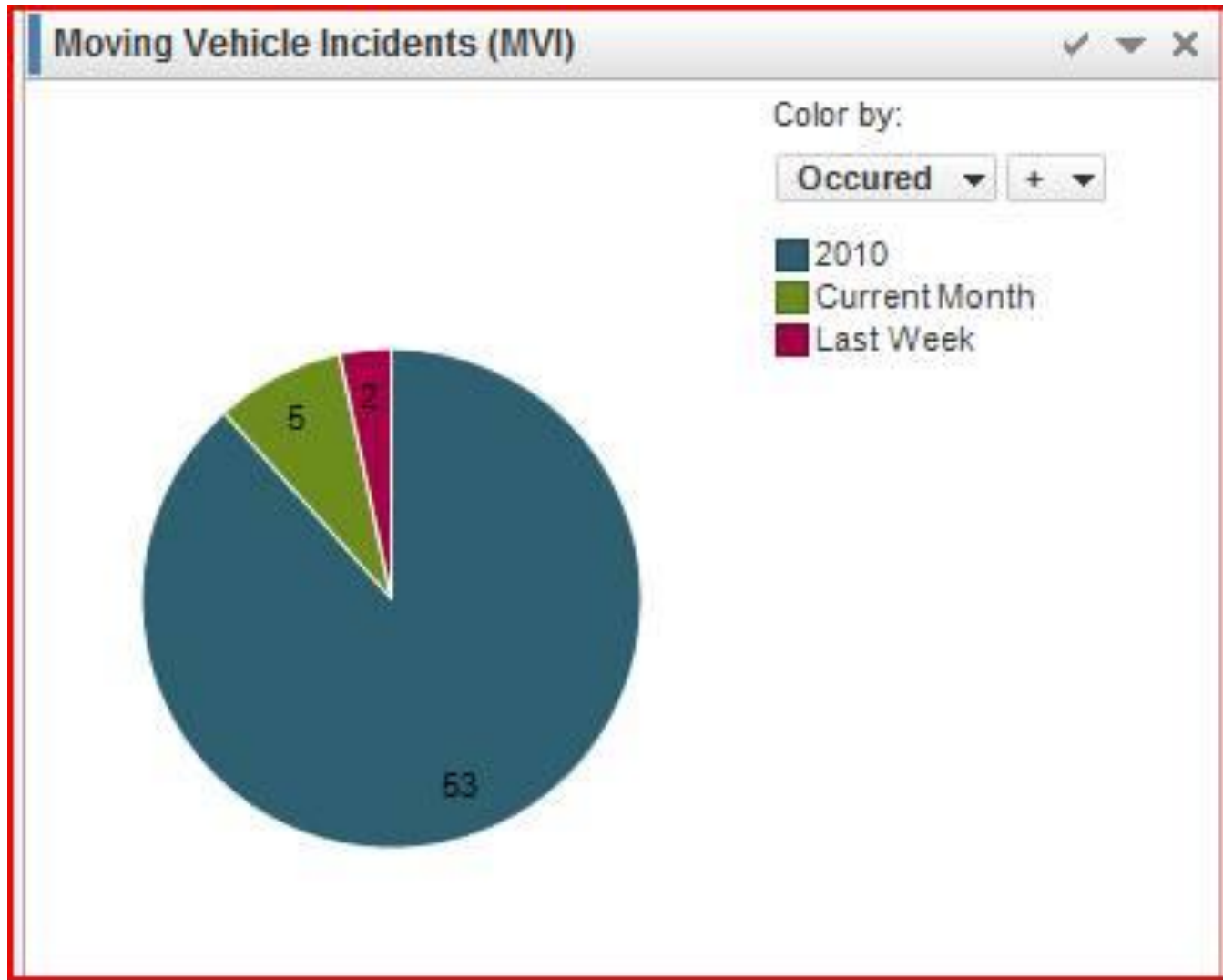
**SUPPORTING OUR DRIVE FOR GOAL ZERO**



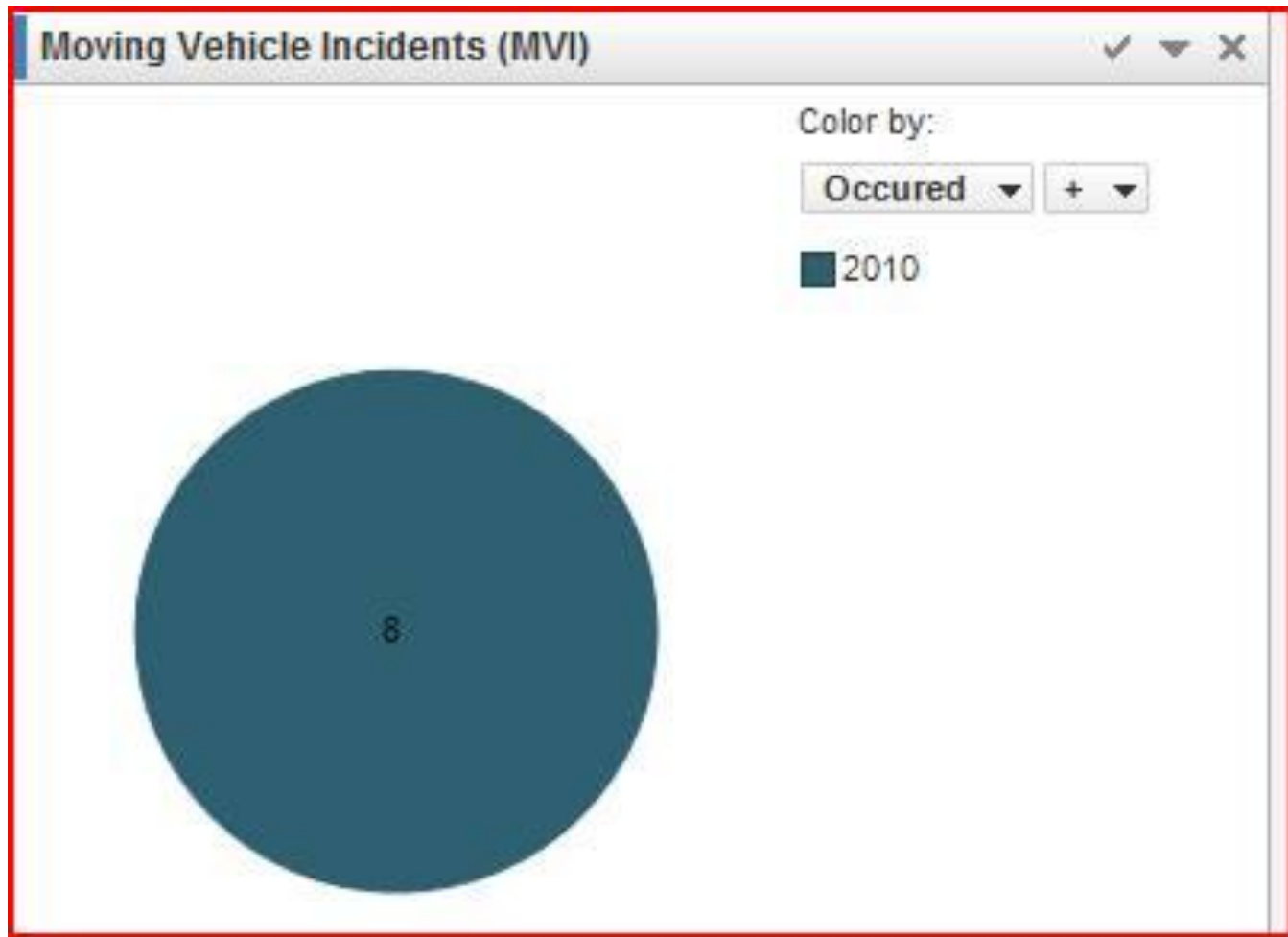
**Globally, it is estimated that up to 20% of all road traffic fatalities are caused by driver fatigue.....**



# Accident data for Upstream Americas



# Accident data for Deep Basin



# **This training will do four things**

- 1. It will remind us of the risks of fatigue for drivers**
- 2. It will remind us of the signs of fatigue**
- 3. It will remind us of the role of Shell, Driver Supervisors and Drivers in avoiding incidents due to tiredness or fatigue**
- 4. It will advise what we should do if we feel tired or fatigued when driving**



# Four questions to discuss as a team

1. If you fell asleep at the wheel, how long would it take before you crashed?
2. What does it feel like when we are tired?
3. How can we tell if a colleague is too tired to drive?
4. What should we do if we think we are too tired to drive?



# Consider: How long might you live...

- **If you have no food?** **Weeks**
- **If you don't drink water?** **Days**
- **If you have a massive brain haemorrhage?** **24 hours**
- **If you cut a vein in your arm and can't stop the bleeding?** **A few hours**
- **If you fall asleep at the wheel?** **A few seconds**



# If you fell asleep at the wheel, how long would it take before you crashed?

- **At 80km/h (50mph)**
  - in 1 second you will travel **22 metres (73 feet)**
  - in 2 seconds you will travel **44 metres (145 feet)**
  - in 3 seconds you will travel **67 metres (218 feet)**
  - in 4 seconds you will travel **89 metres (292 feet)**
- **How long will it take until you hit something?**

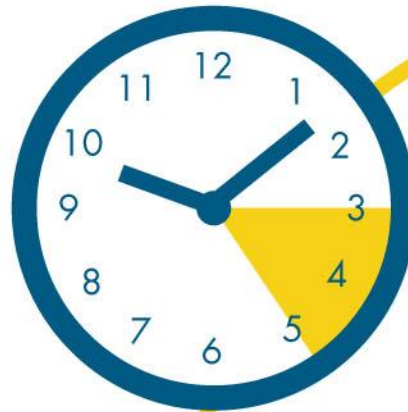


# The biological clock



**2 - 6 am**

Lowest body temperature  
Maximum sleepiness  
Poorest performance  
(mental and physical)



**3 - 5 pm**

High sleepiness  
Hard to stay vigilant

**24 hour body temperature cycle**

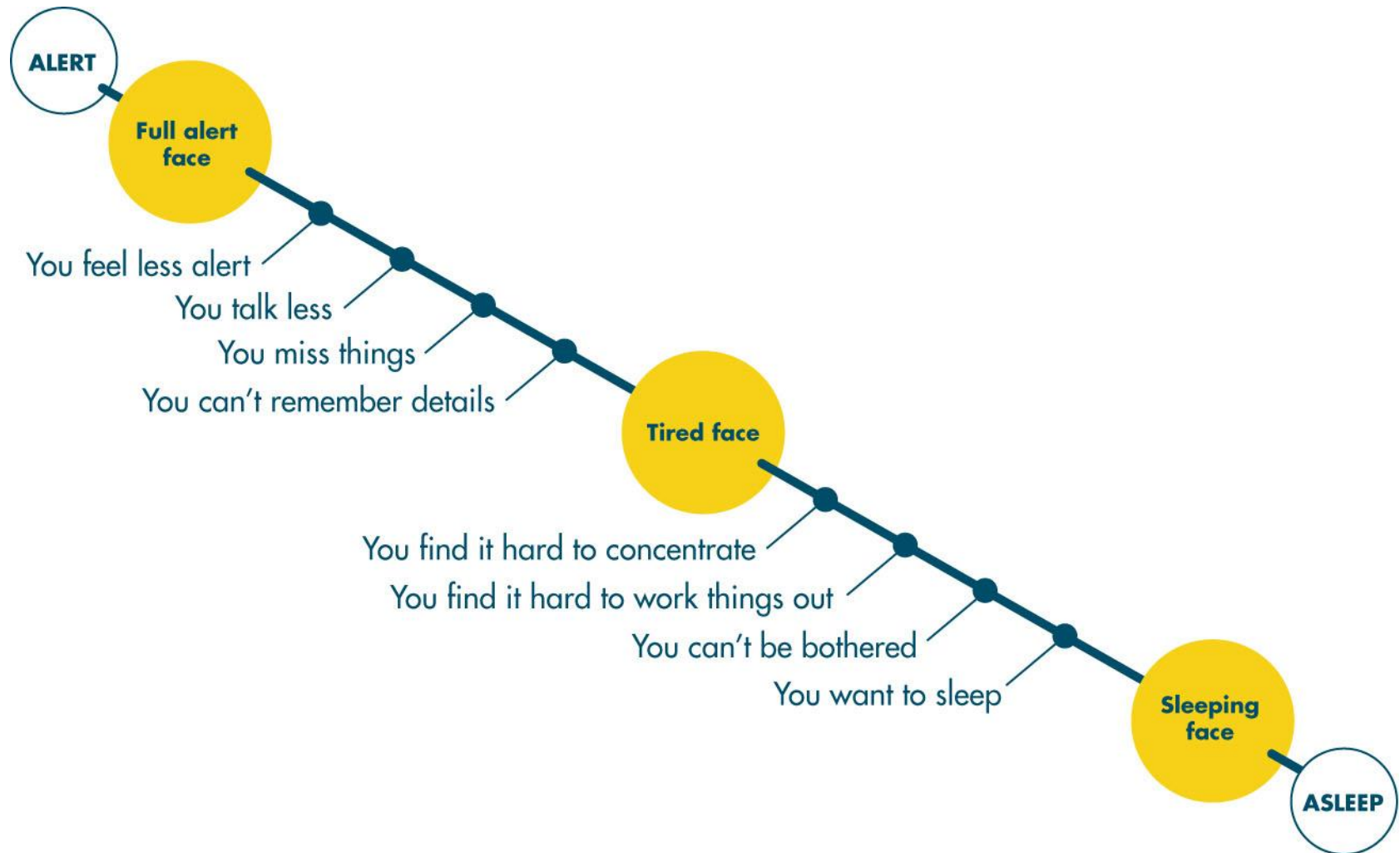
# Myths about driver tiredness

- Washing your face will not keep you awake
- Cold air on your face will not keep you awake
- Listening to the radio will not keep you awake
- Chewing gum will not keep you awake
- Stretching the arms or legs will not keep you awake
- Willpower will not keep you awake

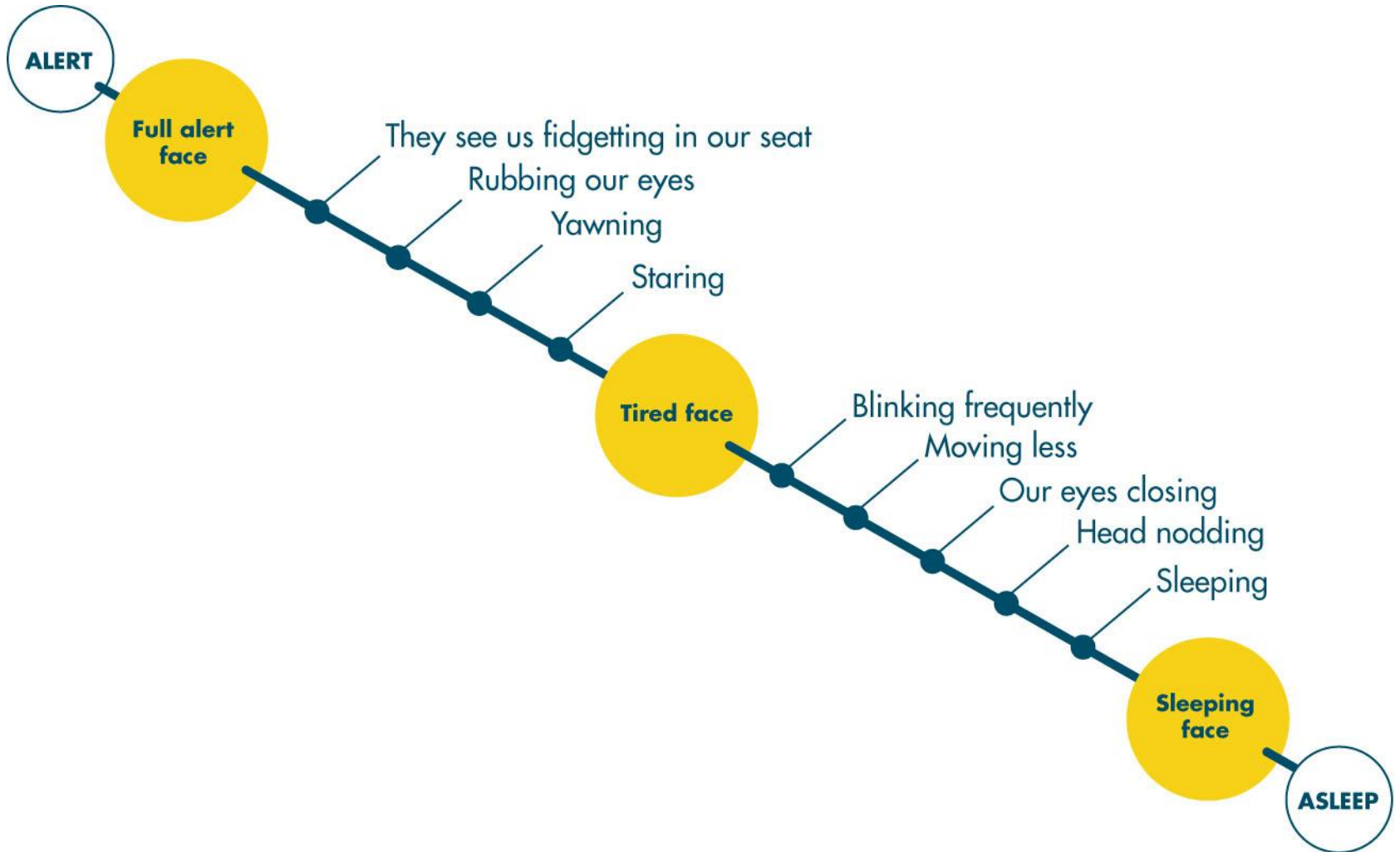


*"I wake up when I get some fresh air"*

# What does it feel like when we get tired?



# What do others see when we get tired?



# How can you tell if someone else is tired?

- **They act 'out of character'**
- **They take shortcuts**
- **They are less active**
- **They show less care and attention**
- **Other?**



# Sleep Debt

- **Most people need at least 7.5 hours of uninterrupted sleep every night**
  - If you do not get enough sleep, you will develop 'Sleep debt' over time
  - Sleep debt increases every night you do not get enough sleep
  - It **MUST** be paid back – your body has no choice
  - You cannot stop it by trying harder
- **It can take two full nights of sleep in a row to recover from Sleep Debt**



# So what should we do?

- **Get adequate sleep the night before your shift**
- **Inform your Supervisor if you have not slept well**
- **Follow the Journey Management Plan**
- **And if you feel tired while driving:**

**STOP  
REVIVE  
SURVIVE**

# Advice for Good Sleep

- **Develop a regular sleep pattern**
- **Exercise adequately, eat a balanced diet**
- **Take a warm bath/shower before bed**
- **Don't go to bed too full or too hungry**
- **Avoid caffeine / alcohol before bed**
- **Relaxation is the key to good sleep**



Help your family and friends understand the importance of sleep

Ask them to help you get adequate sleep

Explain that good sleep will help you return home safely

# If you feel tired while driving

- **STOP DRIVING**
- **REVIVE ('Refresh')**
  - Park somewhere safe
  - Call your scheduler if necessary
  - Have a couple of cups of strong coffee
  - Have a 15-20 minute nap
- **SURVIVE**
  - Continue driving only until you reach somewhere you can sleep

By being properly rested before you start driving  
By take the rest breaks in the Journey Management  
Plan



# Preventing Tiredness and Fatigue

- **Get sufficient and quality sleep**
- **Do not build up sleep debt**
- **Minimise the use of legal drugs**
- **Don't eat large meals during a journey**
- **Do not take illegal drugs**
- **Look after your health and fitness**
- **Take exercise on a regular basis**
- **Make sure you are medically fit:**
  - Not suffering from any condition that may stop you sleeping well
  - If you think you might have a sleep condition, speak to your local Shell doctor

# Responsibilities

- **Shell/Nabors**
  - Will not expect you to work schedules that do not include adequate recovery time
  - Expects everyone to comply with Health and Safety policies – including Fatigue Management
  - Will arrange facilities for you to sleep if you need to overnight away from home
- **Driver Supervisors are responsible:**
  - For agreeing a Journey Management Plan that meets your needs for rest and sleep
  - Not to allow drivers to begin a journey if they show signs of fatigue
- **Drivers are responsible for:**
  - Being aware of the risks and following Health and safety and Fatigue Management advice
  - Ensuring they are properly rested and have slept properly before starting work
    - Inform your Supervisor if you think you may be at risk
  - Following the Journey Management Plan

# Summary

- **Every one suffers from tiredness. The only cure is sleep.**
- **Tiredness can be avoided by;**
  - Being well rested with adequate sleep before starting work
    - At least 7 hours sleep, finishing no more than 2 hours before starting shift
  - Following your Journey Management Plan
    - No more than 4.5 hours driving without a rest of at least 15 minutes



**Tiredness kills. Take a break.**



**STOP  
REVIVE  
SURVIVE!**

# Microsleeps

- **A 'microsleep' is a few seconds of falling asleep – when you mean to be awake**
- **It is very common in drivers who are too tired**
- **Microsleeps kill**

# Shared responsibilities

## Company responsibilities

### Health and safety

Workload & breaks  
Shift duration  
Type of work

### Work organisation

Shift scheduling  
Work predictability  
Pay system

## Individual responsibilities

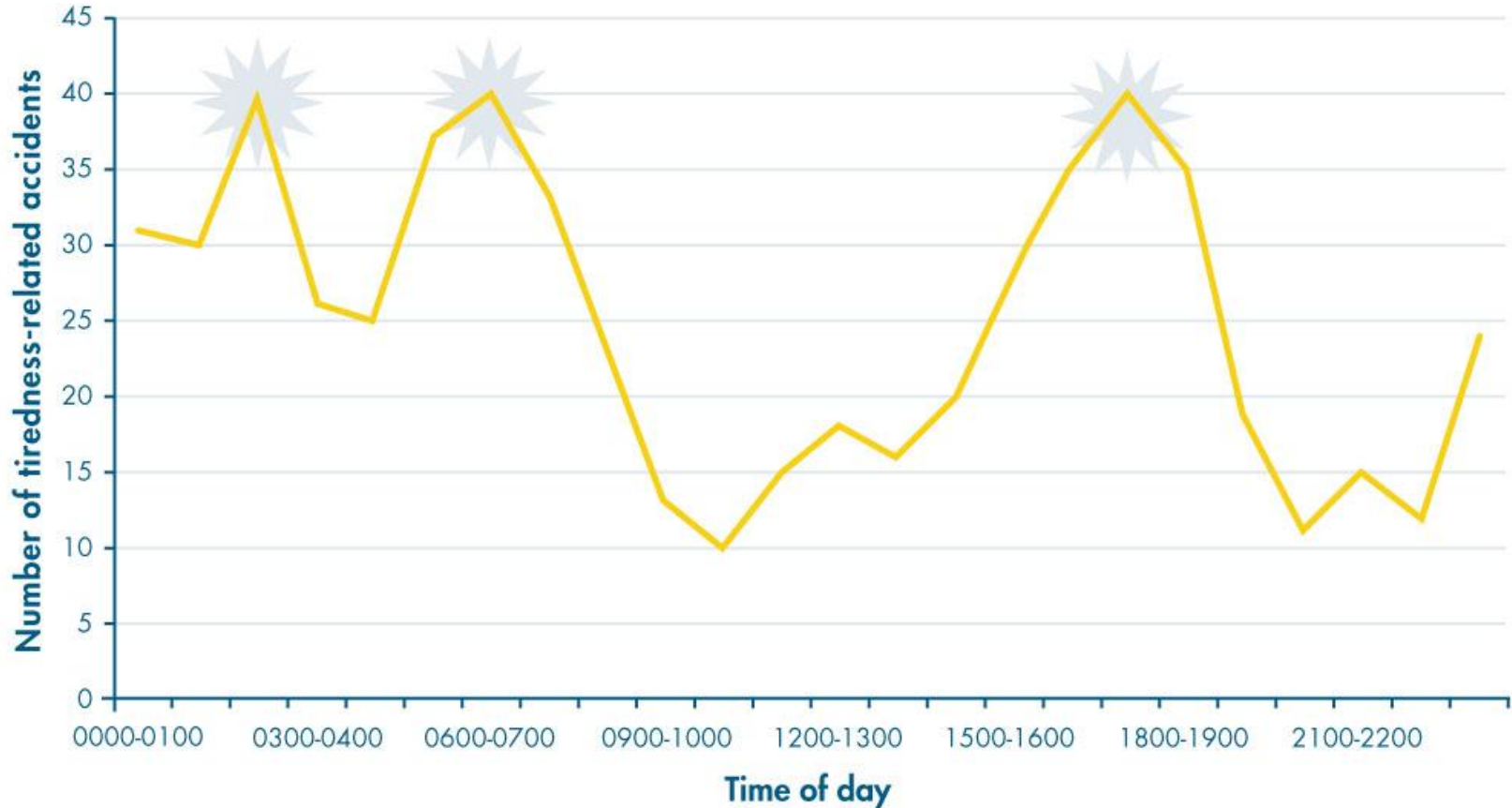
### Fitness to work

Sleep not just rest  
Medical condition  
Medication

### Life outside work

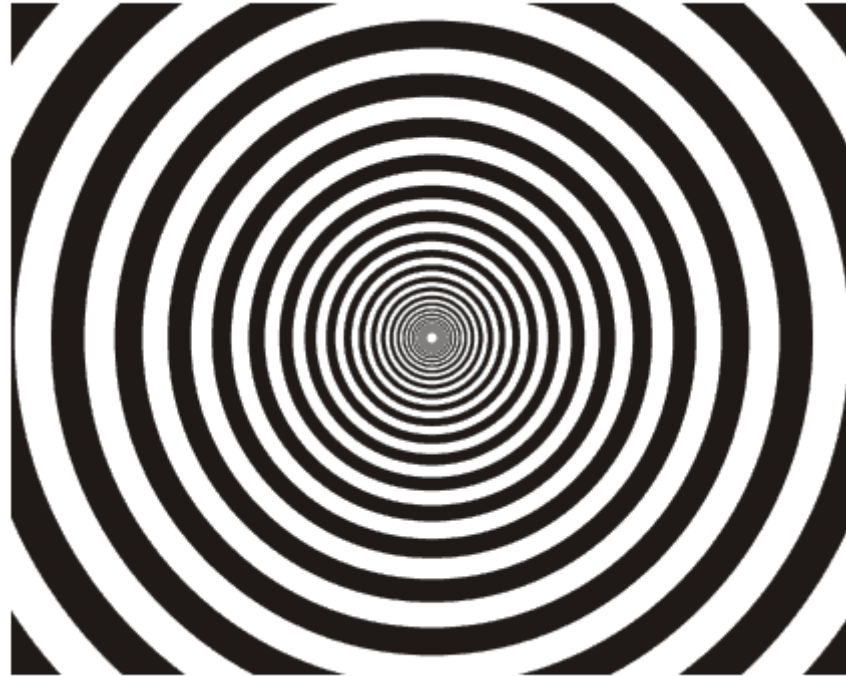
Family responsibilities  
Commuting  
Lifestyle

# When do sleep-related road accidents occur?



**Number of sleep-related fatal road accidents across 24 hours**

# Myths about driver tiredness



## **“HIGHWAY HYPNOSIS”**

Doesn't exist - Just another name for falling asleep

# The risk is much greater at night

- **You are 4 times more likely to have a fatal crash while driving at night.**
  - Your body is forcing you to sleep
    - This is due to what doctors and scientists call 'Circadian Rhythms'
  - There is only 1 thing you can do to stop it. Rest
    - Trying harder to stay awake will not work
    - Opening the window will not work
    - Turning the radio/ music up will not work
  - Your body must rest
- **If you ignore the signs, and push on, the chances of having a 'microsleep' increase very quickly**

# Question time

- **What is the only thing that can cure tiredness?**
  - How much sleep should you have before starting work?
- **What is the name for the short sleeps that happen to drivers when they are tired?**
- **How much more likely are you to have a fatal crash while driving at night?**
- **What are some of the signs that you are too tired to drive safely?**
- **What should you do if you are feeling tired while driving?**
- **What phrase can you use to remember what to do?**
- **Can a human being overcome tiredness by trying harder**

