

LiVSafe is a conscious safety initiative of Liberty Videocon to help people live safer, secure lives through an education series of proactive and preventative suggestions in the safety arena. This document does not purport to promote any product directly or indirectly.

### Measures to avoid road crashes resulting from driver fatigue

#### Overview

Driver fatigue is a major contributing factor in vehicle crashes; believed to contribute to more than 30% of road crashes. Besides loss of human lives and injury, vehicle crashes can impact your company's operating costs, productivity, and employee morale.

We at Liberty Videocon General Insurance value the safety of your company driver and passengers and understand the associated loss of productivity and costs. Here we intend to suggest some effective ways to reduce or control driver fatigue. We sincerely hope that the measures suggested in this document will help in achieving great deal of safety and result in fewer road crashes happening due to driver fatigue.



Source: <http://www.haval.com.au/wp-content/uploads/2015/11/HAVAL-driver-monitoring.jpeg>

#### What is Fatigue?

Fatigue may be described as sleepiness or exhaustion. The signs include drooping eyelids, a bobbing head, and/or the overpowering feeling of a need to fall asleep. Fatigue may happen when a driver has not slept enough, but it can also happen due to sleep disorders, medications, drinking alcohol, shift work, or high stress. Driving is a task that requires attention and must be performed while alert and aware; attempting to operate a vehicle while fatigued may impair a person's ability to drive and cause serious road mishap.

#### Sources of Fatigue

Sources of fatigue may be any one or a combination of the following:

- Time-Related: Time of day, physiological factors, and psychological factors (body temperature, hormone excretion, alertness, etc.).
- Task-Related: The nature of the task being performed (physical stress, length of time, work area, etc.).
- Person-Related: The coping factors for feelings of fatigue include age, personality, fitness, and driving experience.

#### Symptoms

- Trouble focusing, or loss of attention
- Head nodding, or inability to keep the eyes open
- Not remembering the last few minutes
- Delayed judgment, slower reaction time
- Daydreaming and wandering thoughts
- Constant yawning or rubbing eyes
- Drifting in the lane
- Missing exits or traffic signs

## Safety Tips

### Before driving

- Ensure a good night's sleep
- Avoid driving at night when your body will naturally want to sleep
- Look for share driving options
- Long drive should be avoided after work
- Plan to take regular breaks from driving
- Avoid heavy meals before long drives



- Pull over for a nap (20 minutes works best)
- Swap drivers if you can
- Talk to others travelling with you
- Adjust your seat to an upright position so that the base of your wrists makes contact with the top of the steering wheel



- Keep the temperature even; driving in a car that's too warm or too cold can make you sleepy



- Intake caffeine to enhance heart rate and alertness

### If you feel tired while driving

- Pull over for a break in a safe place

## Takeaways

- Get enough sleep. Most adults need at least 7 hours of sleep per day.
- Develop good sleeping habits, such as sticking to a sleep schedule.
- Avoid drinking alcohol or taking medications that make you sleepy (be sure to check the label on any medications or talk to your pharmacist).

## Research

- Scientists from the **Liberty Mutual Research Institute for Safety** and Boston's Brigham and Women's Hospital recently examined the impact of night shift work on drowsiness and driving performance. The study found that more than a third of drivers who operated a vehicle on a closed test track after working the night shifts were involved in near-crash events. The same drivers, with normal sleep the night before the test, had zero near-crashes. These and other findings provide evidence of the dangers of drowsy driving.
- According to a survey conducted by the **All India Institute of Medical Sciences (AIIMS)** on the link between sleep deprivation and road accidents, it was established that a majority of such cases in the past have involved victims who have had a history of sleep-related disorders. The study, conducted by the doctors of the trauma centre, went on to say that over 60% of road accident victims with head-injuries were diagnosed with 'excessive daytime somnolence'.



Source: <http://www.fleet.ie/wp-content/uploads/2015/07/RSA-August-BH-Campaign-1.jpeg>

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