

BLACK & WHITE CABS



FATIGUE MANAGEMENT

SESSION 2: MANAGING WORKPLACE FATIGUE

Introduction

Once you have successfully identified the causes of fatigue and recognise the signs, it is important to reduce the risk in your taxi by effectively managing it.

We will look at the best ways of managing your fatigue in your taxi by tackling the contributing factors.

NRSP
NATIONAL ROAD SAFETY


**PARTNERSHIP
PROGRAM**

**THE SIDE EFFECTS OF FATIGUE
QUICK FACTS**

QUICK FACTS


Long-Term Health Effects
If you regularly have poor sleep, you are:

5 ×




Five times more likely to have depression

3 ×




Three times more likely to have cognitive decline

2 ×




Twice as likely to develop dementia, as sleep clears your brain of a toxin linked to dementia

50%




50% more at risk of obesity as lack of sleep makes the body hungrier




More likely to develop cardiovascular disease

Short-Term Health Effects
Inadequate sleep




Increases your chances of succumbing to illness, such as flu infections



Is linked to poor mental health and depression and affecting our mood


In the workplace...



Chronic sleep deprivation is associated with slower thought processes, more errors and poor judgement and memory


When Driving...

2-7 ×



People with poor sleep are between two and seven times more likely to be involved in a motor vehicle accident

1 in 5



Around one in five accidents are attributable to fatigue and daytime sleepiness

Proudly supported by
arrb

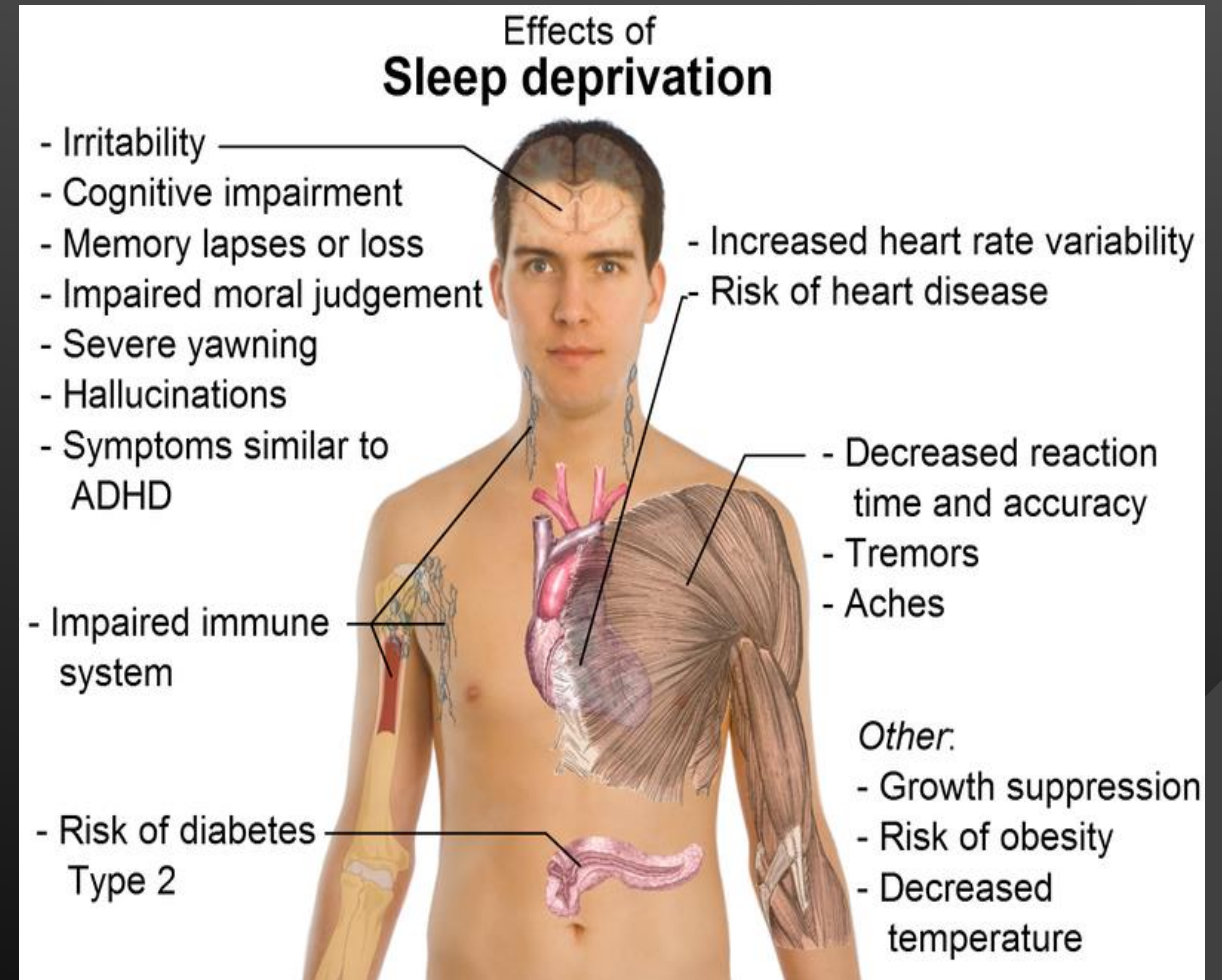
Body Clock

- Some people can stay up late other need to go to sleep early
- 24 hour cycle
- Tells your body when to wake, eat and sleep
- Not everybody's clock is the same
- A regular sleep routine is vital



Sleep Routine

- Important to develop a good routine
- Adults need 7.5 to 8 hours sleep each day
- Go to bed at same time each day
- Do not ignore feelings of sleepiness
- Going to bed early is as bad as going to bed late



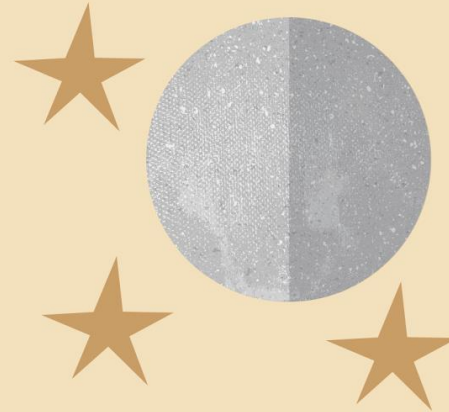
Sleep Routine



TOP TIPS TO FALL ASLEEP

More than 19 entrepreneurs and executives tell all when it comes to getting the sleep you need to be the success you want. Less sleep deprivation glorification. Just more sleep.

by Tracey Wallace



1

A BEDTIME ROUTINE

Without a doubt, one of the best ways to get better sleep on a regular basis is to get into the habit of going to bed at the same time and waking up at the same time, even on the weekend. - Richard Lazazzera, A Better Lemonade Stand

2

RELAX & WIND DOWN

For me, I wind down at the same time every night, turn the lights off, get rid of devices and screens, and watch a documentary (or something kind of boring). - Kaleigh Moore, Writer & Reporter

3

DECLUTTER TO DESTRESS

I "reset the room" (i.e. pick up any clutter and put things away where they belong, fold any blankets, etc.), write in my journal, brush my teeth, and going to bed. - Bill Widmer, The Wandering RV

4

GET RID OF DEVICES

If you're looking to get better sleep, stop using your phone right before bed. It may be tempting to watch Youtube videos or text in bed, but playing around on your phone makes it hard to actually fall asleep. - Daniel Wallock, Wallock Media

5

PICK UP A BOOK

Turning off all electronics and getting cozy with a good book is the perfect way to wind down every night and get your mind ready for sleep. Plus, it has the added benefit of reading more! - Cara Hogan, Zaius

6

INVEST IN GOOD PILLOWS

The biggest impact I've had on my sleep was investing in a quality bed and quality bedding. Once I had a high quality bed and pillows, I was able to fall asleep right away and wake up with zero back pain. - Eric Carlson, 10X Factory

7

SLEEP MASKS & HERBS

Wear a sleep mask. It stops the early morning, bright light from waking you up before you're ready. - Chloe Thomas, Ecommerce Masterplan

8

LIMIT CAFFEINE INTAKE

Limit caffeine to the morning hours, avoid vigorous exercise too late in the evening, and stop looking at screens an hour before you get ready for bed. - Nick Raushenbush, Shogun

Other things to consider

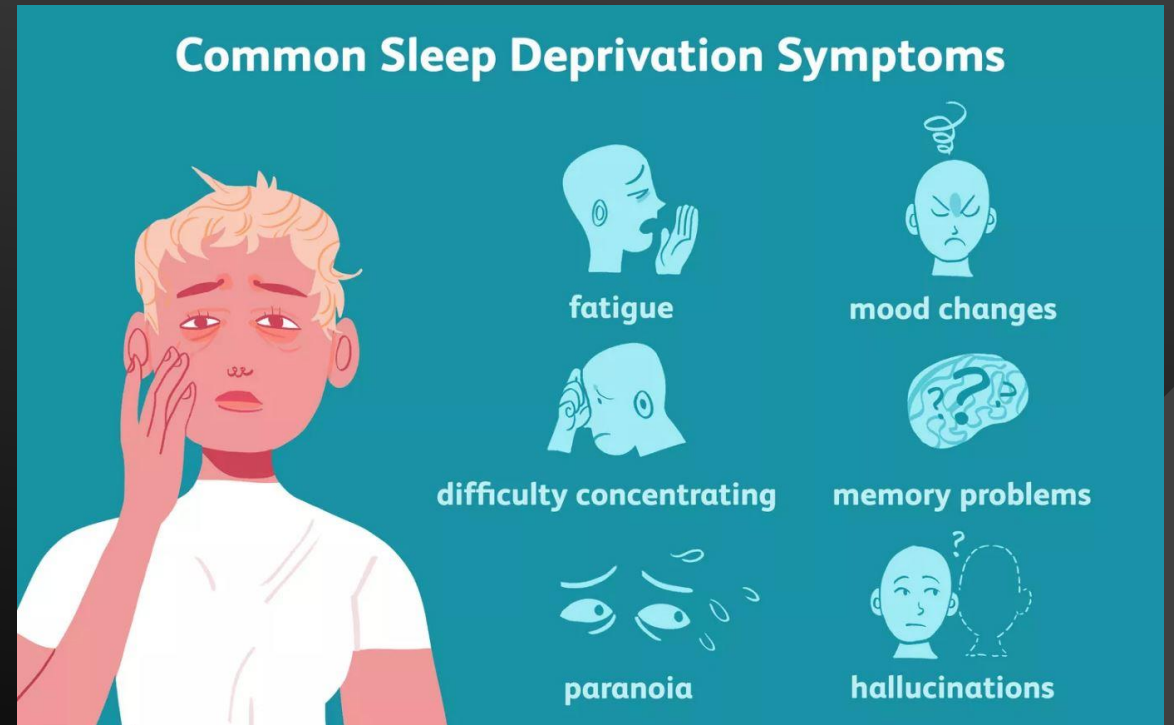
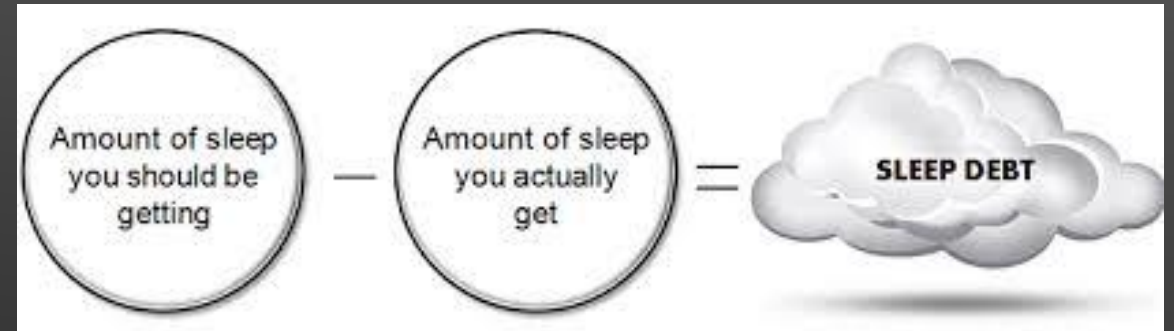
- Go to the toilet before bed
- Turn off electronic devices
- Avoid electronic devices in your bedroom
- Read a book, not a device
- No coffee or tea within 2 hours of bedtime
- Avoid smoking before bedtime
- Do not go to bed hungry
- Remove distractions from your bedroom
- Make sure your bedding is comfortable
- Stick to your routine

Sleep Debt

- Build up of lost sleep over time

Side effects such as:

- Constant feeling of tiredness or fatigue
- Changes in mood such as grumpiness, sadness and general irritability
- Loss of coordination being more prone to accidents
- Reduction in your body's immune system



Sleep Debt

- Higher risk of a number of illnesses
- Higher risk of accidents
- Higher risk of premature death
- If you miss one hour of sleep every night will accumulate 2 weeks of sleep loss per year
- Once sleep is lost or missed you cannot get it back



Sleep Debt

- More than eight hours sleep for a couple of days may restore some cognitive function
- Sleep debt is not like repaying money to the bank
- Need to make a real effort to establish a routine
- Need to get enough sleep each day
- Work out a routine that works for you



Sleep Debt

The following habits may help you keep your sleep routine on track:

- Establish a sleep routine with sleep and wake up time
- Sleep when you are tired
- Avoid stimulants like caffeine and
- Keep electronics and social media out of the bedroom
- Make sure your bedroom is for sleep only
- Ensure your bed is comfortable
- Maintain the bedroom so it is dark, quiet and cool

Sleep Debt

Losing 2 hours sleep each day for 4 days will make you nearly as fatigued as losing one whole night of sleep. Plan your time off so you have enough sleep to cancel the debt. Avoid being tempted to go to parties and engagements if they will eat into the time when you should be repaying the debt. Work with your family and friends by explaining how important sleep is for you. Use your time off to recover from sleep debt.

This means setting up conditions at home so that you can get as much sleep as you need. Work out how to reduce noise, light and disturbances, and to develop a regular sleep pattern.

Microsleep

Have you ever heard the phrase “falling asleep at the wheel”?

This often conjures the image of a driver slumped over the steering wheel with their eyes shut as the vehicle veers off the road.

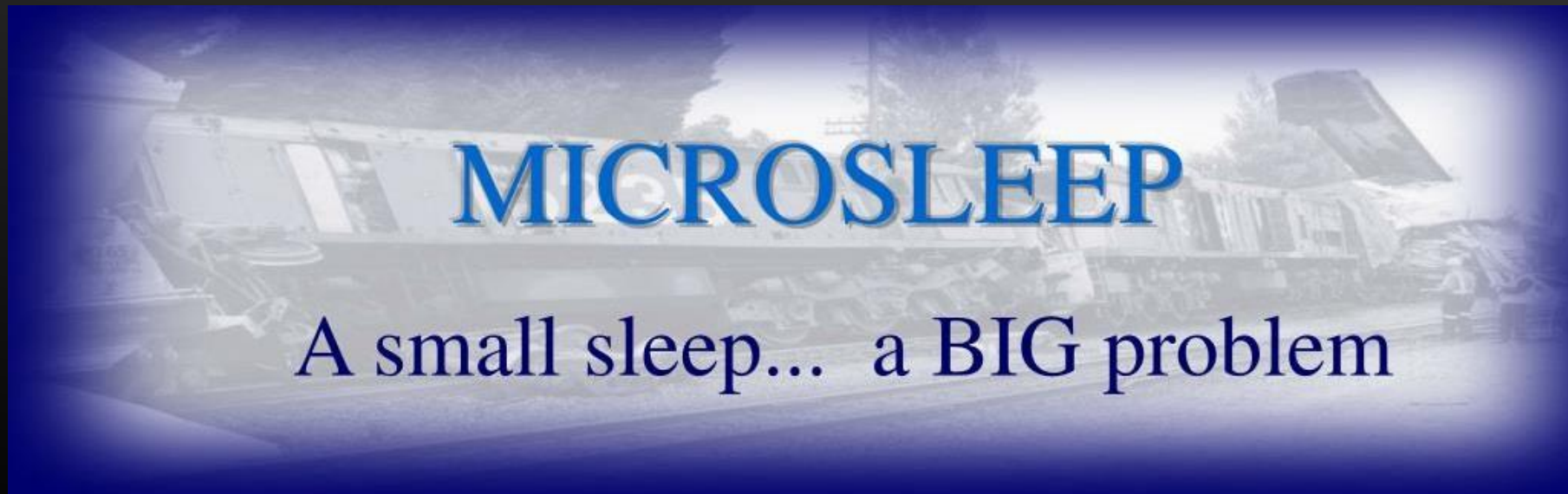
However, in reality, that driver may be looking straight ahead with their eyes wide open.



Microsleep

While they continue to drive, part of their exhausted brain has switched off. They haven't "fallen asleep" in the conventional sense; they are having a microsleep.

A microsleep is an unintended loss of attention that can happen when fatigued and performing a monotonous task, like driving a car or sitting at a computer. It's also short, lasting from less than a second to 30 seconds.



How Dangerous is a Microsleep

That depends on what you are doing!

When driving your taxi a microsleep can be fatal, for you and others.

The Victorian Government's Transport Accident Commission has published the following information:

- Driving fatigued is suspected to be a primary cause in more than 20 percent of road fatalities. That's fatalities, not just accidents.
- The more severe the crash, the more likely fatigue is a factor.
- Fatigue is thought to play a part in nearly a third of all single-vehicle crashes in rural areas.



Microsleep – Consider This

When driving at 60 km/h you are travelling at 16.67 meters per second.

If you experience a microsleep that lasts for 4 seconds you would travel more than 66 meters with the vehicle out of your control.

What could happen in that time?

At 100 km/h the distance travelled is almost double (111 meters).

What would be the likely outcome if you crashed your vehicle at 60km/h or even 100 km/h?



How to Avoid a Microsleep

The most important thing to remember is your body can't actually fight the need to sleep. When you're tired, chemicals build up in your brain that will cause you to fall asleep – no one is immune to the risk of microsleeps.

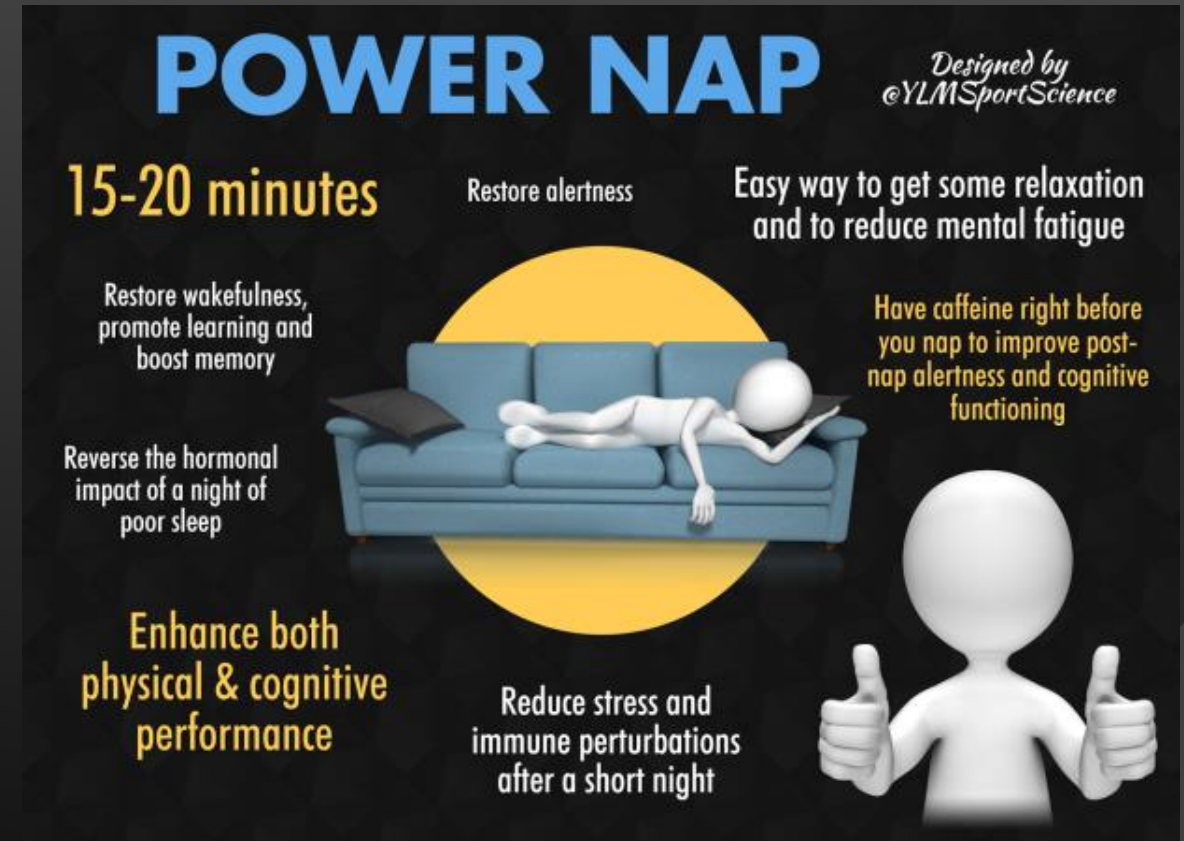
The best way to prevent a microsleep is:

- Have at least 7 to 8 hours sleep before driving a long distance.
- Don't drive for more than eight to ten hours a day.
- Take regular breaks every couple of hours at least.
- Avoid driving at times when you are normally sleeping
- Take a powernap if you start feeling drowsy



Power Naps

- Short period of sleep long enough to reenergize you
- Ideal length is 20 to 30 minutes
- If you need more sleep stop driving and go home
- Need a cool dark place
- Hour or two after a meal is the natural time
- When you wake, take a quick walk around your taxi, splash water on your face



Diet and Exercise

- Working for long hours, limited time for shopping and food prep
- Balanced diet is essential
- Wholegrains
- Meat
- Dairy
- Low fat
- Fruit and vegetables
- Avoid processed foods including snacks



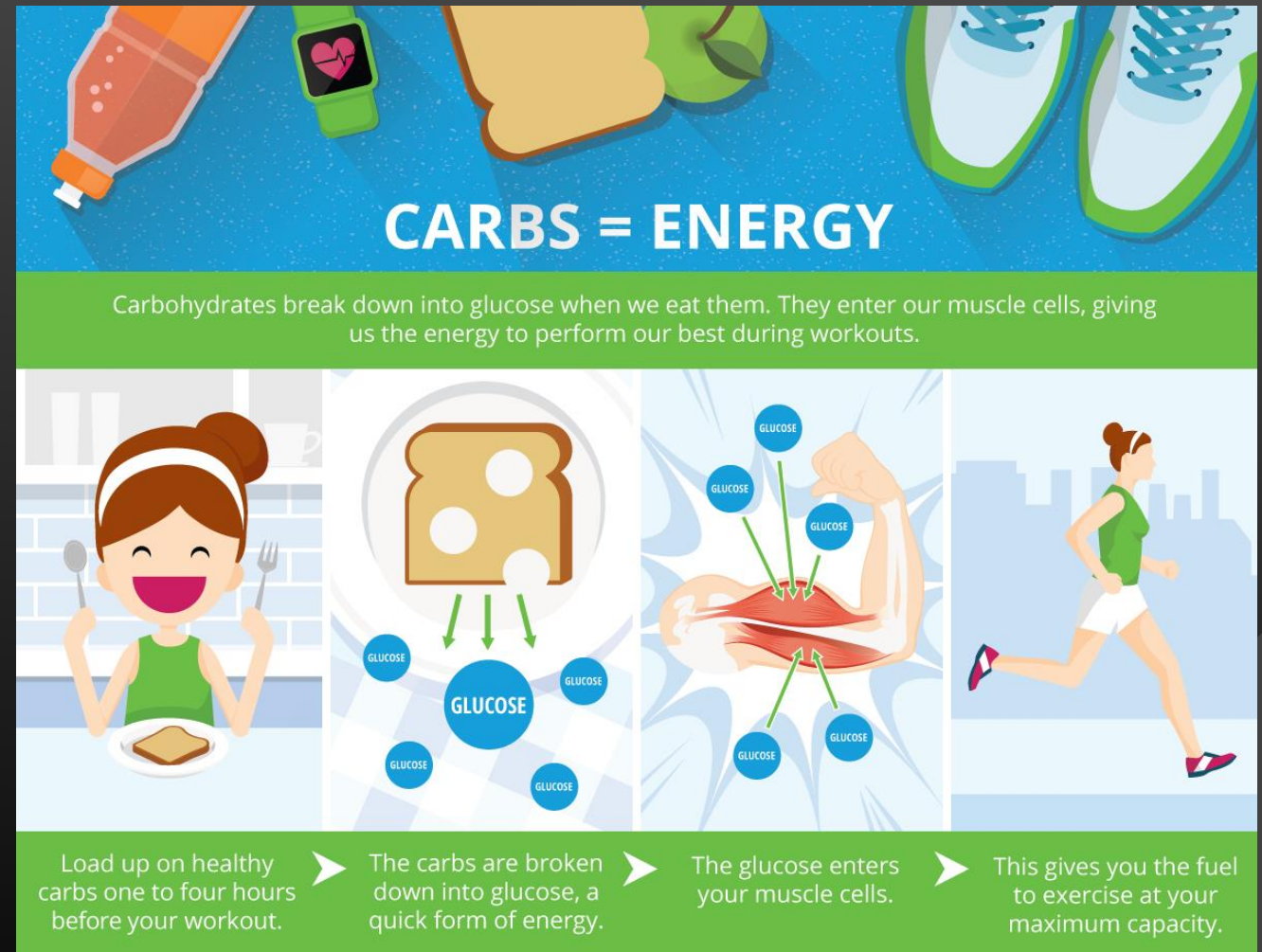
Diet and Exercise

- Avoid caffeine and high amounts of sugar
- Beware of amphetamines – some are prohibited by law
- Stimulants only delay sleep
- Can wear off without warning
- When they wear off you are at greater risk of falling asleep



Diet and Exercise

- Carbohydrates are an important source of energy
- Not eating enough carbohydrates can result in depletion of body fuel and contribute to fatigue
- Your brain needs carbohydrates for fuel
- Eat good quality food to maintain your energy levels



Diet and Exercise

Dehydration is also a major contributing factor to fatigue in taxi drivers.

Common signs are:



- General tiredness
- Dry skin
- Headaches
- Nausea
- Poor concentration

10 FOODS

THAT KEEP YOU HYDRATED



By Dr. Derrick DeSilva

 <p>STRAWBERRIES</p> <p>Strawberries are also packed with vitamin C and folate, as well as potassium.</p>	 <p>BELL PEPPER</p> <p>At approximately 92 percent water, bell peppers are a good source of hydration.</p>		
 <p>CANTALOUPE</p> <p>Cantaloupe is rich in potassium. This popular summer melon is a hydrating addition to fruit salads.</p>	 <p>CUCUMBER</p> <p>This cool choice has a water content of approximately 95 percent, which makes it one of the most hydrating vegetables.</p>	 <p>GRAPEFRUIT</p> <p>This citrus fruit is high in water content and antioxidants including vitamin C.</p>	 <p>ZUCCHINI</p> <p>Like cucumber, zucchini is approximately 95 percent water.</p>
 <p>PINEAPPLE</p> <p>In addition to its high water content, pineapple also contains bromelain, which reduces inflammation.</p>	 <p>CELERY</p> <p>This crunchy vegetable is packed with electrolytes including sodium, calcium, potassium, and magnesium.</p>	 <p>WATERMELON</p> <p>The name says it all with this fruit. Watermelon contains a whopping 95 percent water.</p>	 <p>LETTUCE</p> <p>All forms of lettuce contain large amounts of water, but the best choice for hydration is iceberg lettuce.</p>

Diet and Exercise

- People who avoid red meat, have an increased risk of iron deficiency
- Low iron levels can effect energy levels
- Impair your immune system
- Impair fatigue recovery
- A standard blood test will highlight iron deficiency
- Iron deficiency is easily treated in most cases
- There are many iron rich dietary alternatives to red meat



Diet and Exercise

Dietary strategies for managing fatigue

- Drink enough water
- Be careful with caffeine
- Eat breakfast
- Never skip meals
- Eat a healthy diet
- Don't overeat
- Eat iron rich foods



Acting on the signs of Fatigue

- The only effective counter measure is sleep
- Pull over for a nap somewhere safe
- If you can make it, go home
- If you fall asleep quickly it was the right time to stop
- Many drivers feel sleepy between 1am and 6am and 1pm to 4pm
- Schedule breaks for rests and naps



- Get off the road if you feel drowsy
- Do not ignore drowsiness
- Micro sleeps – 3 to 5 seconds
- At 60km/h you could travel up to 80 meters with your eyes shut
- More than enough distance to have a collision
- Likelihood of falling asleep much greater when body clock is set to sleep

NRSP
NATIONAL ROAD SAFETY

**PARTNERSHIP
PROGRAM**

THE PROBLEM WITH DRIVER FATIGUE

QUICK FACTS

What causes driver fatigue?

Not enough sleep

Broken or **poor** quality sleep

Disruption of the daily routine, e.g. driving when you would normally be asleep

Sustained concentration or physical effort, **long** hours of work

Stresses from the environment, such as heat, noise, vibration, or bright light

Medical conditions such as sleep disorders, diabetes or serious pain may contribute to fatigue

Why is driver fatigue a problem?

Our alertness is reduced

We are less able to detect things going wrong with our driving

We are less able to work out what needs to be done

In extreme cases, we may actually fall asleep at the wheel with total loss of awareness and control

Tips:

The only remedy to drowsiness and fatigue is **sleep**

Take a **15 minute power nap**

Only drive for **2 hours** at a time

Limit driving to **less than eight hours per day**

Avoid direct **sun light** – use shading

Beware of the effects of **monotony**

Increasing reaction time

As the number of hours you are awake for increases, so does your mean reaction time.

Mean Reaction Time

Hours Awake	Mean Reaction Time (seconds)
3 to 5	~250
8 to 10	~280
18 to 20	~300
24 to 26	~350

Source: Sleepspan (Sleep Fatigue, 2010, 2011)

Proudly supported by

arrb

Planning

Most passenger and freight schedules will hinge on pick-up and delivery times and dates. For Taxi Drivers the uncertain and sometimes random nature of passenger trips makes it more challenging to plan your shift.

It's up to you though to plan your shifts to include time for sleep, food and rest, including extra time for naps, should you need them.

Schedule Planning Grid

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 a.m.					
8:30					
9:00					
9:30					
10:00					
10:30					
11:00					
11:30					
12:00 p.m.					
12:30					
1:00					
1:30					
2:00					
2:30					
3:00					
3:30					
4:00					
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30					
8:00					
8:30					
9:00					
9:30					
10:00					

Work Out Your Sleep Needs

Work out how much sleep you really need by recording how much you sleep when on holiday. Try keeping a diary to see how much less sleep you have had while at work and calculate whether you are repaying your sleep debt away from work. If not, you are a hazard on the road and need to do something about it. You may be in the wrong job, or you need to cut back on work hours.

Average Sleep Needs	
Age	Hours
Newborns (0-2 months)	12 - 18
Infants (3 months to 1 year)	14 - 15
Toddlers (1 to 3 years)	12 - 14
Preschoolers (3 to 5 years)	11 - 13
School-aged children (5 to 12 years)	10 - 11
Teens and preteens (12 to 18 years)	8.5 - 10
Adults (18+)	7.5 - 9

Health

Regular health checks are important. You need to be sure you do not have a sleep disorder or other medical condition that could affect your ability to drive safely.

Regular health checks also help you manage your diet and levels of exercise, reducing stress and improving your energy levels.



BLACK & WHITE CABS



FATIGUE MANAGEMENT

© 2020