



Prevent Fatigue and Drowsiness while driving.

Dear driver,

Be assured that feeling drowsy at the wheel puts you at higher risk of killing yourself, your passengers and other innocent victims.

To avoid feeling fatigued and drowsy while driving, please read the tips below to ensure having a safe journey.

Before starting the journey make sure that:

- You are fit to drive, by having a good sleep a night before
- You have carried out the vehicle daily checks
- You have planned your journey and agreed with your Journey Manager
- You understand the risk if you have to get up unusually early to start your trip, or have a long drive after a full day's work
- You avoid making a trip after sunset
- You avoid having heavy meal, as this may cause drowsiness.



While on journey:

- Take a 15 minutes break every two hours for light vehicles
- Take 1 hour after 4 hours of continuous driving for heavy vehicles
- Share the driving if possible
- If you start feeling drowsiness stop immediately and make sure that you stop away from the road shoulder
- Working hours must be in line with Omani Labor Law (12 hours max).



Symptoms of fatigue and drowsiness:

- Yawning and having difficulty to concentrate
- Difficulty of keeping your eyes open
- Nodding head
- Vehicle is drifting out lane.



These are some of the symptoms of fatigue and drowsiness, so if you sense any of them, then you have to stop in a safe place and take enough rest.

What some of drivers do like is opening the windows to get fresh air, playing the radio etc. will not help and will not solve the problem, the only solution is to stop and have enough rest.

Control the situation before it is too late.

Supervisors Guideline

With the advent of the summer with its burning heat and of the holy month of Ramadan, you must start discussing the following through the toolbox talks and the HSE meetings:

Symptoms of fatigue and drowsiness:

- Yawning and having difficulty to concentrate on driving
- Difficulty of keeping your eyes open
- Nodding head.

Advice to staff:

- You are fit to drive, by having undisturbed sleep a night before
- You have carried out the vehicle daily checks
- You have planned your journey and agreed with your Journey Manager
- You understand the risk if you have to get up unusually early to start your trip, or have a long drive after a full day's work
- You avoid making a trip at dark time
- You avoid heavy meal, as this may cause drowsiness
- Remind staff with life saving rules.



Noting down any observations, suggestions from the driver and act upon them. **"Supervisors are encouraged to recognised the fatigue symptoms"**.

Incidents tend to increase towards the starting at summer, holy month of Ramadan and Eid break.



So you have to increase the awareness of the associated risks, For further information refer to our below link.
http://www.pdo.co.omhseforcontractors/online_library/itemdetails.asp?id=20100907100136&c=1&cat=0&t=0