

WEBINAR:

Asleep at the Wheel - Not!

**Reducing the Risks
of Driver Fatigue**



Speaker line-up



Fatigue Risk
Management
Expert
Impacts – science -
strategies



Health & Safety
Director
Real world examples



Introducing Susan Sawatzky



President

In-Scope Solutions

*"The people part of
safety"*



Introducing Robert Clark



Director of Health and
Safety

The Universal Group
Langley, BC



DEKRA - Serious Injury & Fatality (SIF) Model

Customize your incidents using the DERKA Tool



Remove the guesswork from your incidents



Use the Dekra tool to easily and quickly categorize your incidents by answering a series of questions



Prioritize your incidents



Review the trends amongst all incidents in each category you identified



Implement corrective actions

The Investigation

Slice and Dice your Data



Date of Incident

Time of Incident

Time of week, month, year



Incident Type

Any injuries/injury severity

Weather Conditions

Hours worked

Previous schedules for the last month

Identified Trends

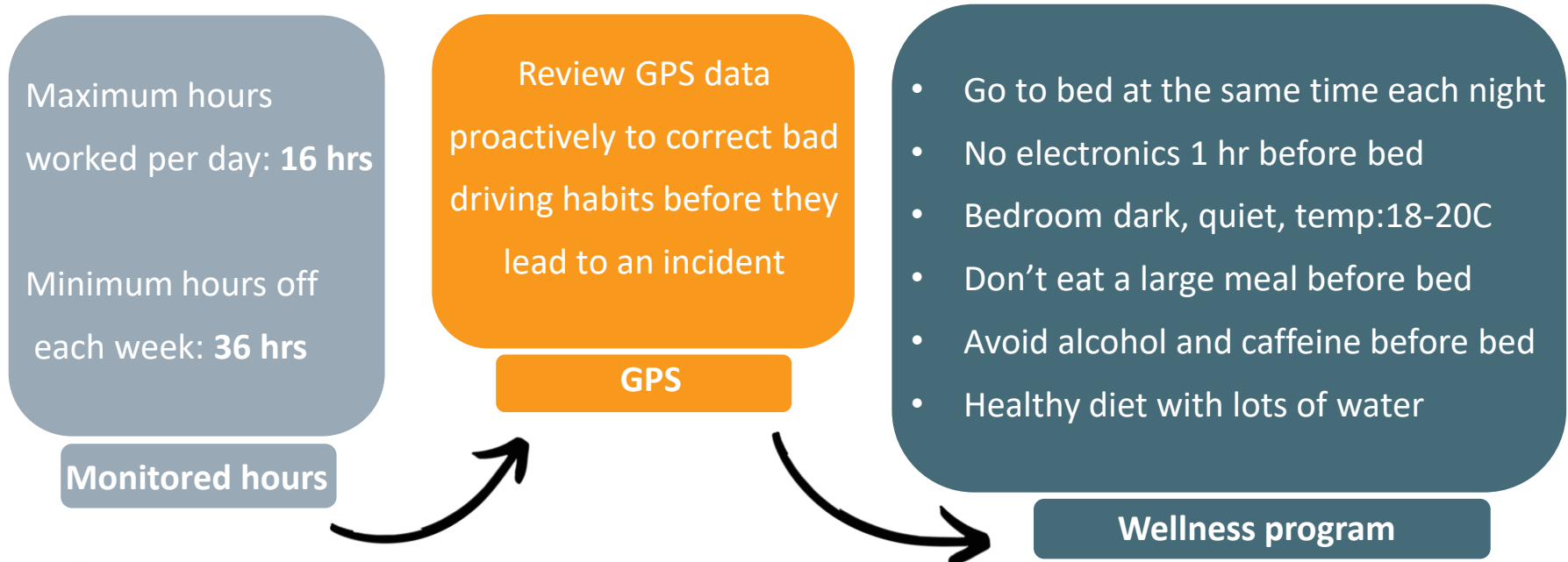
Consecutive Days Worked: 10+ days in a row

Excessive hours worked: 16-20 hours per day

Some workers had in excess of 216-240 hours worked in an 18 day period



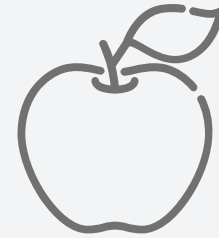
What We Have Done



Sources of Energy

Energy drinks:

- Very high sugar content – 27g
- Increased risk of heart disease
- Irregular heartbeat
- High blood pressure
- Dehydration due to high sugar and artificial sweetener



EAT AN APPLE



Final Thoughts

01

Investigate
your incidents

02

Review your
data

03

Discuss fatigue
with your
employees

04

Ask them for
suggestions
This creates Safety
Champions!

05

Utilize your Joint
Occupational
Health & Safety
Committee

06

Investigate what
your Employee and
Family Assistance
Program has to
offer

Take the time to do something now
before it's too late!!

Thank you



UNIVERSAL
GROUP
We Provide Peace of Mind



Questions



Road Safety at Work can help



Driver fatigue tool kit



Impaired driving tool kit



Impairment policy template



Webinar: Re-thinking fatigue risk and driving



[Contact Rick Walters](#)



[Contact Angelina Robinson](#)

Thank you

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