



***FORWARD
IN FOCUS***

Preventing Driver Fatigue...Even When You Can't See It

09 / 14 / 26 09 : 45 a m

William Hopper

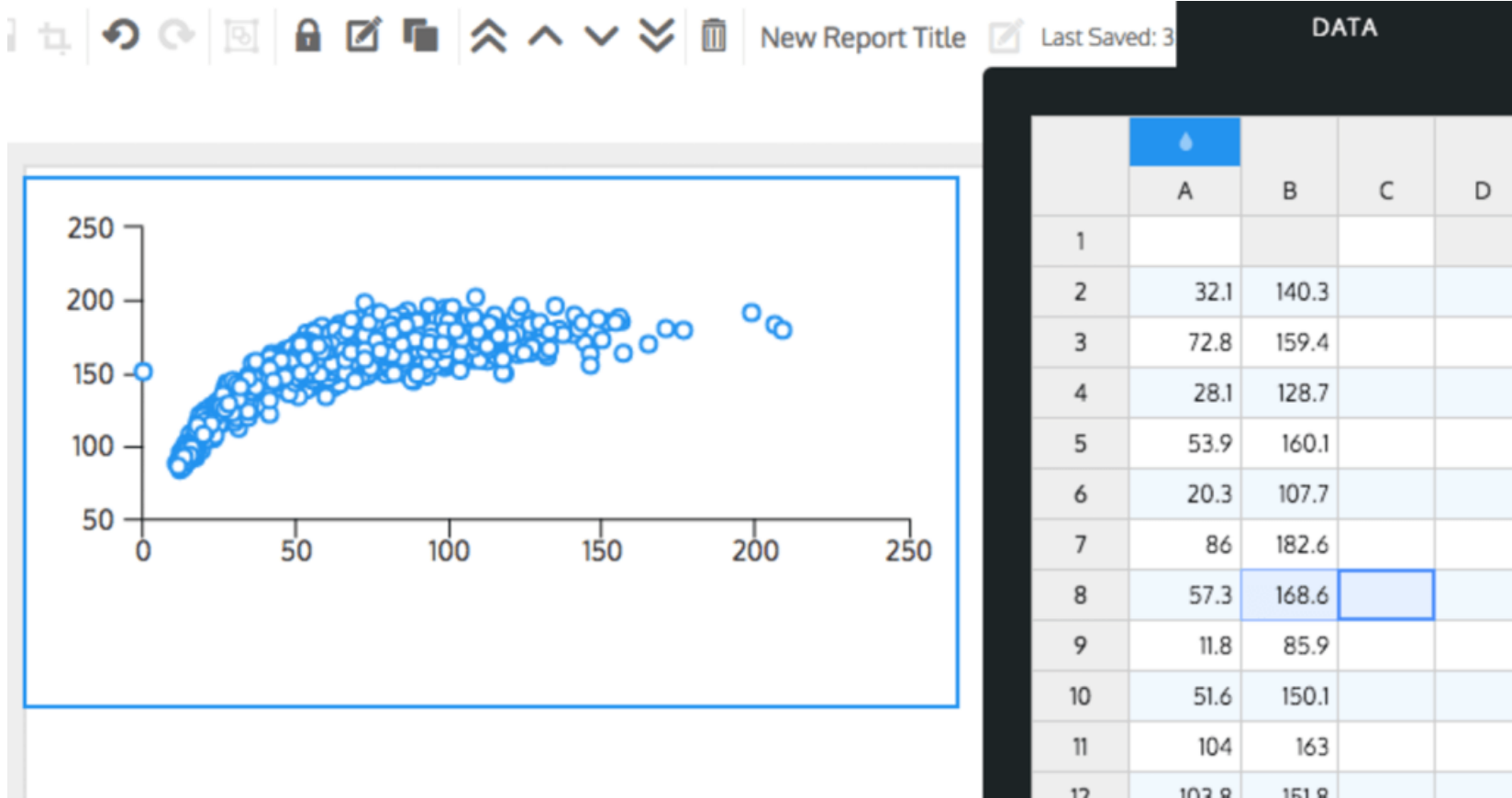
Agenda

- Problem statement
- Establish the scale and form of the issue
- Refined problem statement
- Factors that block or support
- Plausible Solutions
- Benchmarking
- Q&A

The Problem Statement

We need to reduce fatigue

Size and Shape of the Issue



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

Size and Shape of the Issue



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)



The Problem Statement- Part Two



The Problem Statement- Part Two

We don't consider how humans work

- **Roughly half of people are more prone to fatigue where roughly half are less prone to fatigue with similar exposures**

We have not defined fatigue

- **The point where you are not identifying potential hazards as timely as you normally would and/or not responding to them as timely and as appropriately as you normally would**

We view fatigue as a behavior

- **Most fatigue is not due to a willful act by the driver, so approaching it as a behavior is not the best prevention or countermeasure plan**

We don't see the patterns

- **Peak fatigue months are June through August, why and what other patterns may be seen**

The Problem Statement- Part Two

We mistake body movement as being in full control

- **People who are getting fatigued naturally seek out activity**
- **Sometimes they are fighting for normalcy of body control**
 - **Rapidly bouncing leg, Repeatedly rubbing face/head, over focused on radio**

We miss abnormal movement when it is blended in with normal movements

- **Things like that sudden head movement or eyes sharply popping open or trying harder to keep the eyes open to the point you can see the eyebrow lift on eyes which were already open**

We don't see really definitive fatigue so we don't consider it

- **Sometimes the why is not known, but the Action or Inaction is unreasonable and that is what we have to see and figure out.**
 - **Continues driving toward apparent traffic issues without taking action timely**

Plausible Solutions / Countermeasures to the Risk

Solutions and Approaches that may help reduce fatigue for drivers

- 1. Fatigue Plan**
- 2. Health & Wellness Focus**
- 3. Better mattress choice in sleepers**
- 4. Fatigue Pledge for drivers**
 1. Signed commitment to obey regulations and to stop the vehicle in a safe location if fatigued
- 5. OEM Technology**
- 6. Aftermarket Vehicle Technology**
- 7. Routing Consideration**
- 8. Fatigue Prediction Tools**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Fatigue Plan

A plan may contain a variety of practices and methods to:

- **Prevent Fatigue**
- **Promote Fatigue Reduction**
- **Address Fatigue that Occurs**

Like any program, initiative or policy, be sure to health check it periodically to ensure the components are in place and appear effective.

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Health and Wellness Focus

Hydration Campaign

- Water bottles available at dispatch
- Water or similar during delivery observations
- Fresh fruit/snack options

Your Health Benefits

- Leverage your weight loss, smoking cessation or any benefits in your package that could lead to a healthier fleet

Stretching / Warm up Effort

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Better mattress choice in sleepers

- **Mattress material, thickness & layers**
- **In team operations, reducing the body bounce and roll in the sleeper is key to better sleep and less physical fatigue**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Fatigue Pledge for Drivers

Signed commitment to obey regulations and to stop the vehicle in a safe location if fatigued

- **Establish that you care about the safety of the driver and those they may encounter on the road**
- **Set an expectation to drive safe not an option**
- **Clarify that stopping the truck in a safe area is always the right answer when they don't feel safe to drive**
- **Non-punitive on the driver needs to be spelled out**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

OEM Technology

OEM safety technology continue to develop

- **Currently they focus on speed pacing versus posted limits and vehicles ahead and keeping the vehicle in its lane**
- **There are features that alert the driver if their hands are off the wheel**
- **Some OEMs are working with the aftermarket on possible future integrations that could lead to the best of both worlds**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

**Aftermarket
Vehicle Technology**

**Fleet Camera Systems
Fatigue Detection Systems**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Routing Consideration

Settings in routing tool that consider the time, physical and seasonal demand on drivers

Hours, Miles, Stop etc. thresholds requiring review to ensure they appear reasonable

Looking at routes post fatigue incident to determine if you have room to do some fine tuning to reduce fatigue

- **Planned vs Actual including whether driver choices lead to greater variation in start times**

Source: International Foodservice Distributors Association, 2021

Plausible Solutions / Countermeasures to the Risk

Fatigue Prediction Tools

Likely that there are options on the market currently

One fatigue prediction tool uses your ELD data and patterns derived from it to produce meaningfully accurate prediction of potential fatigue

Source: International Foodservice Distributors Association, 2021

Benchmarking Fatigue

What can we measure based on today's data?

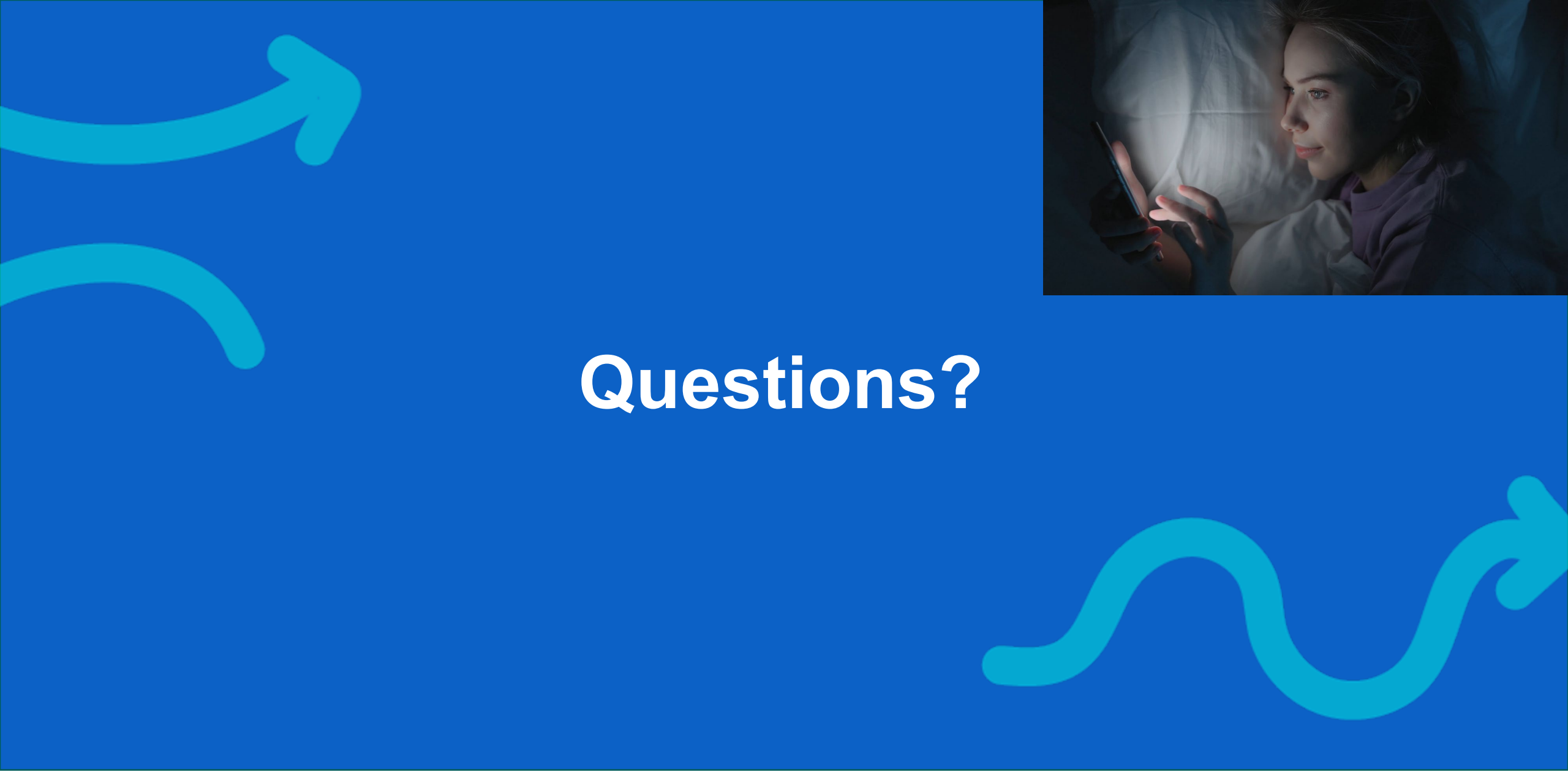
Direct Fatigue Correlation

1. Fatigue Collisions
2. Fatigue Incidents
3. Fleet System Detected Fatigue

Possible Correlations to Fatigue

1. Direct observation of appearance change in any time range from 1 day or longer
2. Injury Strains of drivers
3. Heat Illness of drivers
4. Fleet System Detected Lane Departure
5. Fleet System Detected Harsh Brakes

Source: International Foodservice Distributors Association, 2021



Questions?



09 / 14 / 26

William Hopper