

It's Your Duty To Control Your Truck Drivers' Working Time.

Summary for employers and managers on the prevention of truck driver fatigue.





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Who is this guide for?

This guide is for transport managers or anyone who manages or influences drivers of trucks.



Why the need for guidance?

One of the causes of truck accidents is driver sleepiness due to driving for excessively long hours without sufficient breaks.

Driver sleepiness results in poor judgement, slower reactions to driving events and a decrease in necessary skills – all of which may result in a loss of vehicle control and a crash.

The risk of falling asleep at the wheel increases when driving occurs at times when drivers would normally be asleep, particularly in the pre-dawn hours.

There is also an increased crash risk during the mid-afternoon or after-lunch hours.



The legal framework

It is not only dangerous to drive when tired; it is against the law.

The law states that you must not drive, or continue to drive a commercial vehicle whilst impaired or likely to be impaired by fatigue.

Article 10.7 UAE Federal Traffic Law Number 21, 1995

You must not drive your vehicle when tired as you may not be able to control your vehicle.



Company and manager responsibilities

It is very important that everybody within a company is aware of their personal role in avoiding unsafe driving due to fatigue.

As an employer or manager of drivers, YOU are responsible for your drivers whilst they are on the road.

You MUST not allow them to drive for too long without a proper break or work excessive hours.

If the drivers' duties, as required by the company, leads to drivers being tired to the point that their driving is impaired, then the company and its managers are in fact one of the causes of any resulting accident.

Although it is normal for companies to expect to set work schedules and require good productivity from their employees, this should not be at the expense of road safety.

All reasonable steps should be taken to ensure that business practices or policies will not cause the driver to:

- Drive on the road, or within any workplace whilst impaired by fatigue.
- Drive whilst in breach of any working hours or rest hours regulations.



What you should do?

You should create a **Driver Fatigue Management Plan**.

What is a Driver Fatigue Management Plan?

It is a written document that provides information on how your organisation combats truck driver fatigue.



This plan should be based on the following:

- Decide on driving hours limits and the minimum break and rest periods.
- One or more rest breaks should be scheduled into a driver's working day.
- A schedule must permit a driver to have the opportunity for at least 8 continuous hours of rest in any 24-hour period, preferably between 10 pm and 8 am.
- An effort should be made to minimise irregular or unfamiliar work schedules.
- Give a driver at least one day notice to prepare for a day with longer than normal working time.
- It is better to operate flexible schedules to allow for sufficient breaks from driving or discretionary sleep.
- Minimise very early departures where possible to give drivers the maximum opportunity to sleep in preparation for the trip.
- When drivers return from leave, minimise where possible night-time schedules to give drivers time to adapt to working long hours, especially at night.
- Provide or agree on appropriate sleeping arrangements if drivers are required to sleep with the vehicle.
- When planning driver schedules, it is always better to have the work start times rotating forwards rather than backwards.
- Ensure clear communication of the Driver Fatigue Management Plan to managers and drivers.
- Develop and communicate your policy for dealing with breaches of the plan.

What are the benefits?

Implementing a Driver Fatigue Management Plan has many benefits:

- *Reducing the risk of road accidents.*
- *Reducing insurance claims and costs.*
- *Improving company and industry reputation.*
- *Improving customer service.*



Further information

For more information on how to prevent truck driver fatigue and how to create a Driver Fatigue Management Plan, get a copy of *Truck Driver Fatigue Management Guide*.

Please visit www.freight2030.ae

