



**Human Performance Attachment – Excerpts from  
Greyhound’s Fatigue Management Training  
Highland, IL  
HWY23MH015  
(10 pages)**

Student Name \_\_\_\_\_

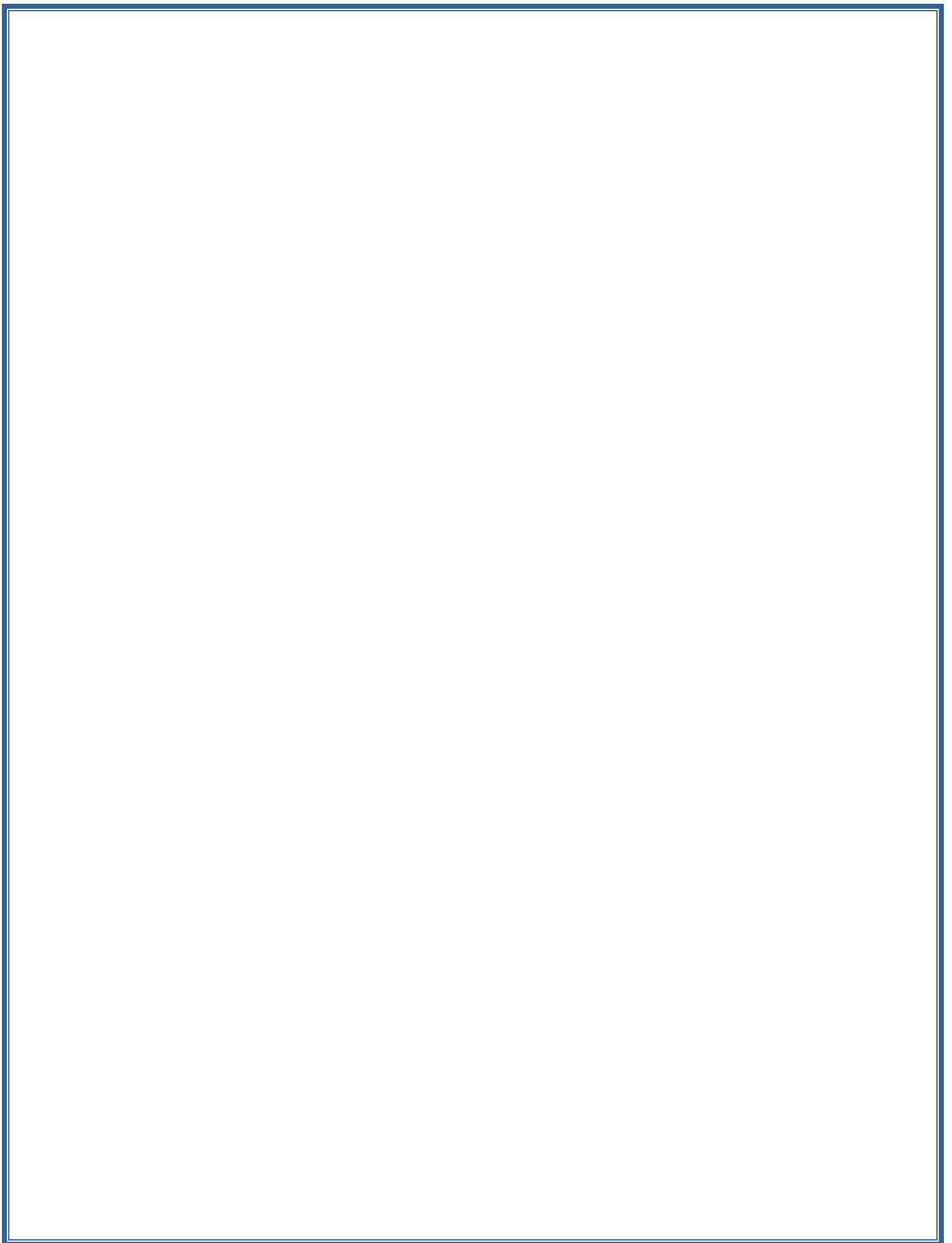
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***Driver Training***  
***Phase III***  
***Student Guide***  
**Self -Directed E-Learning**

Rev.  
8/1/08





**Phase III – Self Directed E-Learning  
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# Fatigue Management



# Fatigue Management

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## The Basics:

*Fatigue* – a significant decrease in alertness, an increase in sleepiness and an all-around lack of energy due to several factors.

Those factors include:

- An insufficient amount, or poor quality of sleep
- Environmental factors
- The use of alcohol or drugs, both prescription and over-the-counter



Signs and symptoms of fatigue include:

- Forgetfulness
  - Apathy
  - Poor judgment
  - Lethargy
  - Slowed reaction time
  - Bad mood
  - Irritability
  - Poor communication
  - Nodding off
  - Inability to concentrate
  - Red eyes
  - The tendency to day dream
  - Yawning
  - Fixation
  - Heavy eyelids
  - Drowsiness
  - Squirming and fidgeting
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## **Factors that can cause fatigue or predispose you to drowsy driving include:**

- Sleep loss due to work patterns, lifestyle or an untreated sleep disorder
- Long, continuous hours of wakefulness
- Disrupted body clock
- Using medications or drugs that disrupt sleep or wakefulness
- Consuming even small amounts of alcohol

## **Ways to combat fatigue:**

**Take a nap** – naps up to 45 minutes can help to decrease fatigue, without causing sleep inertia

**Exercise**- serves as an effective short-term alerting strategy and regular exercise can improve overall sleep quality

**Take an activity break**- just getting up and walking around can dramatically improve alertness

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## **Important Questions**

You should know the answers to these questions:

1. What is the best strategy for avoiding fatigue?

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2. How can you increase your alertness when you're feeling fatigued?

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3. What should you do if you start to feel tired while operating the motor coach?

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4. What is an inverted sleep cycle?

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5. If you haven't had adequate rest before reporting to work, what should you do?

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## Ask the Pro:



### **1. What if Dispatch does call me and I'm really tired?**

Answer- Be honest and tell them you're too tired to report to work. It happens to the best of us occasionally. It doesn't look good on your work record if it becomes a regular excuse, but it's better than risking an accident.

### **2. If I am tired, may I pull the bus over?**

Answer- Yes, by all means. Stretch and walk around the bus in a safe area.

### **3. Will coffee keep me alert behind the wheel?**

Answer- No, drinking coffee is only a short term solution and it takes 15-20 minutes to take effect.

### **4. Can I take over-the-counter medication when I'm driving?**

Answer- No medication may be taken if it may cause drowsiness.

### **5. How many hours must I be off-duty after working 15 hours?**

Answer- A minimum of eight hours.

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