



**Human Performance Attachment – AGL Post-Crash Fatigue Policy**

**Louisville, NY**

**HWY23FH005**

(2 pages)



## **Fatigue Policy**

As an employee, it is important to prioritize safety by asking yourself if you are doing everything you can to ensure your own safety and the safety of other drivers on the road, including considering factors such as fatigue, illness, medication, equipment safety, and being aware of and avoiding distractions. This mindset of safety and accountability can be achieved by being proactive in identifying and addressing potential hazards and reporting any concerns or issues to your employer. Please consider the following every time before you start a trip:

- Am I fatigued? Have I taken a break or slept enough in the past 24 hours
- Am I sick, requiring medication?
- Will this medication affect my driving?
- Is the equipment safe to operate?
- Do I know when to say no? -refuse to run a route due to equipment issues or me not feeling up to it physically.
- Are there any distractions in the vehicle that could take my attention away from driving? ●
- Have I been properly trained on the vehicle and equipment I am operating? ● Are the weather and road conditions safe for driving?
- Do I know how to handle and react to emergency situations?
- Have I reviewed and familiarized myself with the route I am taking?
- Have I checked for proper registration and inspection of the vehicle?
- Have I done a proper pre and post trip inspection?
- Am I properly licensed and insured to operate the vehicle?
- What actions can you take today to be more safe?

Driver Signature \_\_\_\_\_

Print Name \_\_\_\_\_ Date \_\_\_\_\_