



Motor Carrier Attachment 17:

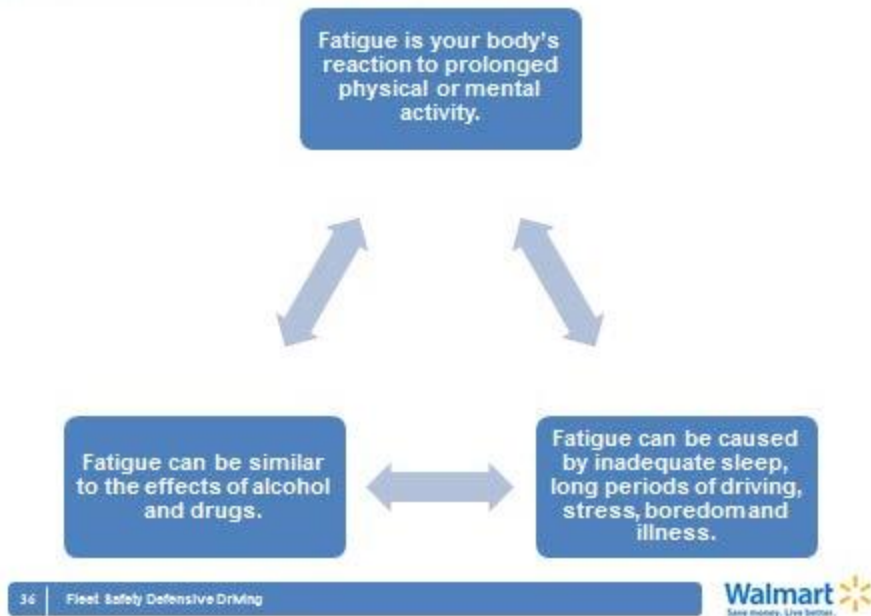
Walmart Power Point Slides on Fatigue Driving

Cranbury, NJ; 06/07/2014

HWY14MH012

(3 pages)

Defensive Driving - Fatigue



Fatigue Training Slide 1

Defensive Driving - Fatigue



Fatigue Training Slide 2

Defensive Driving - Fatigue



To combat fatigue you should

- Use every opportunity to get rested
- Know how your medications may affect your driving
- Control your environment
- Stop if you're tired
- Know that diet & exercise can make a difference

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Fatigue Training Slide 3

Defensive Driving - Fatigue

Untreated sleep apnea is a contributor to fatigue.

Studies show that more than 30% of commercial drivers are affected by sleep disorders.

If you feel that you may be affected by sleep apnea please contact your safety manager for details on Walmart's sleep apnea benefit for drivers.

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Fatigue Training Slide 4