Job site: _____ Date: _____
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SMOHIT Safety Sense
Toolbox Talks for the Sheet Metal Industry

Staying Alert

- Drivers who spend long amounts of time on the road realize that fatigue can be fatal. Driving when fatigued deteriorates driving performance, reduces driver alertness, and increases the probability of accidents.
- Fatigue can decrease a driver's mental ability and muscular coordination. Fatigue can hinder a driver's ability to judge distances, speed, or driving conditions. Many times fatigue can produce a mental state that misleads drivers into believing that they are capable of driving safely.
- When tired, a driver may experience short lapses of attention, but as fatigue sets in, you pay less and less attention to the instrument panel and the rear and side view mirrors. A driver may even stare fixedly ahead, actually appearing to be in a trance.
- Learn to recognize the signs of fatigue. For instance, while you are alert, you probably sit relatively quiet in your seat. As you begin to tire, you may become restless. Signs of restlessness include squirming in your seat, stretching, and rubbing your eyes.
- Learn to recognize the signs of fatigue, follow safe driving practices, and get the rest required to safely operate your motor vehicle.
- Do not operate a vehicle when tired, ill, or when any other condition makes his driving ability less than 100%.
- Do not operate a vehicle beyond the hours of service limitations developed by the Bureau of Motor Carrier Safety.
- Make frequent rest stops. Any activity that substitutes a different physical act for the monotony of driving helps refresh a driver.
- Sometimes drinking coffee or water is enough to increase alertness.
- Do not use alcohol or drugs of any kind at any time.
- Fatigue comes on very quickly. Drivers should get off the road before they fall asleep.

Instructor Tips

- **Ask workers if they have ever experienced fatigue while driving for long periods of time. Ask them to discuss their experiences.**
- **If necessary, review the Federal Bureau of Motor Carrier Safety's definite time periods for maximum driving**.

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Reference: National Institute of Occupational Safety and Health