

# Driving Fatigue

**Fatigue and tiredness whilst driving could lead to collisions occurring where serious injury or death are a possible outcome.**

## Employee responsibilities

- Report for work rested and in a fit state to undertake the full range of duties required.
- Discuss any issues related to fatigue with the line manager.

Prior to setting off on a journey and during the journey the following points should be considered:

- Are you fit to drive?
- Long journeys should be avoided if you feel tired.
- Is the journey necessary?
- For long journeys, have adequate rest periods been factored in? *A minimum break of at least 15 minutes after every two hours of driving.*
- While driving, if you feel sleepy, you should stop in a safe place and rest.
- The most effective ways to counter sleepiness are to take a short nap (up to 15 minutes) or drink, for example, two cups of strong coffee. Fresh air, exercise, talking, singing or turning up the radio may help for a short time, but are not as effective.

## Employers responsibilities

- Be aware of the possibility of fatigue where employees are working varying shift patterns.
- if informed of fatigue related to shift patterns, take appropriate action.
- If informed by an employees they are fatigued / tired, they must not be told to carry on driving unless there is an overriding necessity for them to continue at that time. *Dynamic risk assessment must be carried out in such situations and a written record made detailing decisions made. If the person has been told to continue driving, then at the earliest opportunity after that, the requirement to drive should cease until the driver is sufficiently rested, so that no further danger is likely to be caused.*
- Repeated reports of fatigue or tiredness from the same driver should prompt special consideration of individual welfare needs. An occupational health referral should be considered.

## Special Considerations

For out of hours retrievals into the Thames Valley region special consideration must be given to the following points prior to asking the driver to undertake a journey:

- Is the retrieval absolutely necessary at that time?
- How many journeys has the Technologist already undertaken during the current shift.
- If the retrieval is required, to limit miles/time travelled, the child may be retrieved to UHS.

The Technologist's decision not to undertake a long journey on the basis of fatigue/tiredness must always be respected in the interest of team safety.

For long pre-planned journeys, consideration should be given to:

- Availability of more than one driver so that driving duties may be shared.
- Planning a route which factors in regular rest breaks.

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