



Driver fatigue is a serious problem resulting in many thousands of road accidents each year. It is not possible to calculate the exact number of sleep related accidents but research shows that driver fatigue may be a contributory factor in up to 20% of road accidents, and up to one quarter of fatal and serious accidents.

These types of crashes are about 50% more likely to result in death or serious injury as they tend to be high speed impacts because a driver who has fallen asleep cannot brake or swerve to avoid or reduce the impact.

Sleepiness reduces reaction time (a critical element of safe driving). It also reduces vigilance, alertness and concentration so that the ability to perform attention-based activities (such as driving) is impaired. The speed at which information is processed is also reduced by sleepiness. The quality of decision-making may also be affected.

Drivers are aware when they are feeling sleepy, and so make a conscious decision about whether to continue driving or to stop for a rest. It may be that those who persist in driving underestimate the risk of falling asleep while driving. Or it may be that some drivers choose to ignore the risks (in the way that drink drivers do).

If you feel as if you are tired and need a rest pull over to a safe place and call the office, so we can plan and make the necessary arrangements for you and our customers regarding deliveries, your health is our number one priority and will never force you to drive if feeling tired.

If this becomes a regular occurrence we will have to take your health and wellbeing into consideration and ask you to visit your doctor for a health check, as the possibility of falling asleep at the wheel will lead to unthinkable devastation and with the high possibility of lost lives.

For more information please refer to: www.gov.uk/government/publications/think-fatigue

Failing to adhere to these rules will lead to disciplinary action or termination of contract.

This policy will be kept under review to ensure that it continues to meet its aims.

This policy applies to all employees of CP Transport Solutions LTD.

Signed

Daniel Peach – Company Director

Date: 06.09.17