



Driver Fatigue Prevention Strategies

What this Safety Talk Covers:

- ✓ The “Dos” and “Don’ts” for preventing fatigue when driving or working in an oilfield.

Discussion Notes:

- ✓ Discuss the outcomes of the “Dos” and “Don’ts.”

- Do**
- Get an adequate amount of sleep before starting your shift. Experts recommend between 7 and 9 hours of sleep per night.
 - Take regular breaks. Schedule breaks during long drives to rest and refresh.
 - Drink plenty of water and eat healthy meals and snacks to maintain energy levels.
 - Be aware of symptoms such as yawning, heavy eyelids and difficulty focusing. If you notice these symptoms in yourself or others, take appropriate action.
 - When possible, switch drivers on long trips to prevent fatigue.
 - Use caffeine or other alertness aids cautiously and only as needed, avoiding excessive consumption.

- Don’t**
- Neglect to plan your route in advance, considering traffic conditions and potential rest stops.
 - Drive if you’re feeling excessively tired or fatigued. Pull over and rest instead.
 - Exceed recommended driving hours without taking adequate breaks.
 - Drive under the influence of alcohol or drugs, as they can exacerbate fatigue.
 - Engage in activities that distract you from driving, such as using a cell phone or eating while driving.

Meeting notes:

Employee comments/concerns: _____

Other safety issues to be addressed on the job/facility: _____

Training record:	Date: _____	Jobsite/Facility: _____
	Trainer: _____	Title: _____
Employee name (print)	/ (signature)	Employee name (print)
	/	/ (signature)
	/	/

(Continue recording signatures on a separate sheet of paper)
Employee Quiz is provided on last page. Answers are: 1. (d), 2. (b), 3. (c), 4. (c), 5. (b)

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WORKERS' COMPENSATION SAFETY GROUP

SAFETY TALKS

BUILDING SAFETY TOGETHER: YOUR
BIWEEKLY SAFETY GUIDE



Employee Quiz

Topic: Driver Fatigue Prevention Strategies

Employee Name: _____

Circle the correct answer below.

- Which of the following is a key sign of driver fatigue?
 - Increased heart rate
 - Heavy breathing
 - Fast reflexes
 - Yawning
- Which of the following is NOT a recommended driver fatigue prevention strategy?
 - Taking regular breaks
 - Consuming excessive caffeine
 - Getting sufficient rest before driving
 - Rotating drivers on long trips
- What should you do if you experience symptoms of fatigue while driving?
 - Ignore it
 - Increase your speed to reach your destination faster
 - Pull over to a safe location and rest
 - Turn up the radio to stay awake
- Why is rotating drivers on long trips a recommended strategy?
 - It saves fuel
 - It's more convenient
 - It prevents driver fatigue
 - It's a legal requirement
- It's safe to drive under the influence of alcohol or drugs if you feel confident in your driving abilities.
 - True
 - False

Training record: Date: _____ Jobsite/Facility: _____
Trainer: _____ Title: _____

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