OHBA Safety Pages: Drowsy Driving

Drowsy driving is a major problem in the United States. The risk, danger, and often tragic results of drowsy driving are alarming. Drowsy driving is the dangerous combination of driving and sleepiness or fatigue. This usually happens when a driver has not slept enough, but it can also happen because of untreated sleep disorders, medications, drinking alcohol, or shift work.

No one knows the exact moment when sleep comes over their body. Falling asleep at the wheel is clearly dangerous but being sleepy affects your ability to drive safely even if you don't fall asleep. Drowsiness:

- Makes you less able to pay attention to the road.
- Slows reaction time if you must brake or steer suddenly.
- Affects your ability to make good decisions.

Did You Know?

- An estimated 1 in 25 adult drivers (aged 18 years or older) report having fallen asleep while driving in the previous 30 days.
- The National Highway Traffic Safety Administration estimates that in 2017 drowsy driving was responsible for 91,000 crashes—resulting in 50,000 injuries and nearly 800 deaths. However, these numbers are underestimated, and up to 6,000 fatal crashes each year may be caused by drowsy drivers.

Who's more likely to drive drowsy?

- Drivers who do not get enough sleep.
- Shift workers who are people that work the night shift or long shifts.
- Drivers with untreated sleep disorders such as sleep apnea, where breathing repeatedly stops and starts.
- Drivers who use medications that make them sleepy.

Learn the warning signs of drowsy driving:

- Yawning or blinking frequently.
- Difficulty remembering the past few miles driven.
- Missing your exit.
- Drifting from your lane.
- Hitting a rumble strip on the side of the road.

How often do Americans fall asleep while driving?

According to a survey among nearly 150,000 adults in 19 states and the District of Columbia:

- 4% of adults report that they had fallen asleep while driving at least once in the previous 30 days.
- People who snored or usually slept 6 or fewer hours per day were more likely to report falling asleep while driving.

Prevent drowsy driving before taking the wheel

- Get enough sleep! Most adults need at least 7 hours of sleep a day, while teens need at least 8 hours.
- Develop good sleeping habits, such as sticking to a sleep schedule.
- If you have a sleep disorder or have symptoms of a sleep disorder such as snoring or feeling sleepy during the day, talk to your doctor about treatment options.
- Avoid drinking alcohol or taking medications that make you sleepy. Be sure to check the label on any medications or talk to your pharmacist.

OHBA OREGON HOME BUILDERS ASSOCIATION

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SAFETY PAGE MEETING GUIDE Topic: Drowsy Driving

Employer: _____ Project: _____

Date: _____ Time: _____ Shift: _____

Number in crew: _____ Number attending: _____

Safety or Health issues discussed. Include recent accident investigations and hazards involving tools, equipment, the work environment, work practices and any Safety or Health recommendations:

_____

_____

_____

_____

Follow up on recommendations from last safety meeting:

_____

_____

Record of those attending:

Name: (please print)	Signature:	Company:
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		

Supervisor's remarks: _____

Supervisor: _____ _____

(Print) (Signature)