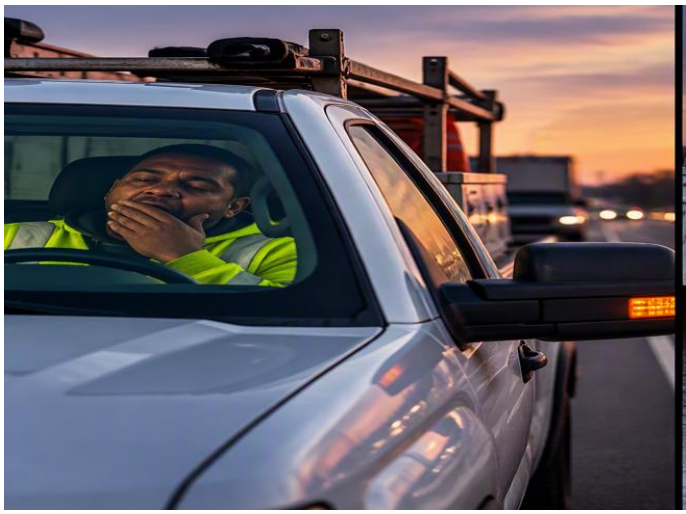
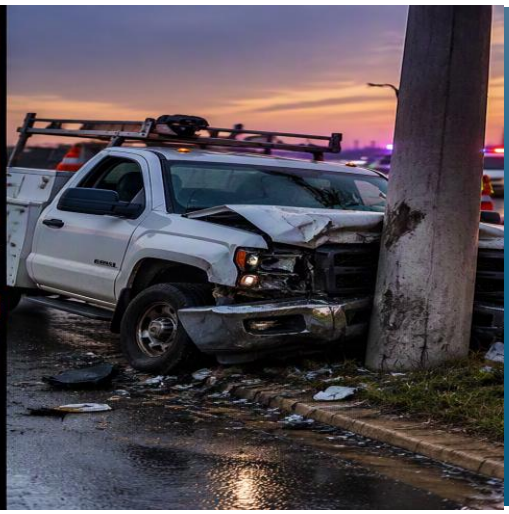
HC&A SAFETY & RISK CONTROL | DROWSY DRIVING PREVENTION

Stay Alert. Arrive Safe.

Recognize the signs. Stop safely. Speak up.

HETTRICK CYR & ASSOCIATES





DROWSY? STOP. REST.

Fatigue is a warning sign, not a challenge to push through.

Recognize it early. Respond before the risk escalates.

WARNING SIGNS	SAFE RESPONSE
Frequent yawning, heavy eyelids or difficulty focusing	Pause the task. If the work is safety-sensitive, tell your supervisor.
Lane drift, missed exits or contact with a rumble strip	Stop driving. Pull over in a safe location and rest before continuing.
Wandering thoughts, poor judgement or repeated mistakes	Do not rely on willpower, music or an open window. Reassess fitness for duty.

Reduce the risk

1. **Plan for sleep — Protect recovery time:** Keep a consistent sleep schedule where possible and allow enough time for uninterrupted rest.
2. **Prepare for the drive — Start alert:** Avoid beginning a trip when already tired, and plan breaks on longer journeys.
3. **Check medications — Know side effects:** Review prescription and over-the-counter labels for drowsiness warnings and speak with a healthcare professional if unsure.
4. **Speak up — Stop unsafe work:** Report fatigue that may affect driving, equipment operation or other critical tasks.

Sleep apnea and safety-sensitive work

Obstructive sleep apnea can cause unintended sleep episodes and reduced attention, concentration and situational awareness. FMCSA treats untreated or inadequately treated moderate-to-severe sleep apnea as a transportation-safety concern. For commercial motor vehicle operations, a driver must not operate—and an employer must not require or permit operation—when illness or fatigue makes safe driving unsafe.

Practical guidance: report excessive daytime sleepiness, sleepiness while driving, loud snoring or witnessed breathing pauses; stop safety-sensitive work if alertness is impaired; seek evaluation from a qualified healthcare professional; and follow prescribed treatment. Diagnosis and fitness-for-duty decisions belong with the appropriate clinician or certified medical examiner.

Trusted Drowsy Driving Prevention Resources

- NHTSA: Drowsy Driving — warning signs, prevention tips and driver resources.
- NHLBI: Sleep Health — information on healthy sleep and sleep disorders.
- FMCSA: Drowsy Driving Quiz — a short self-awareness resource for drivers.
- NIOSH: Workplace Safety and Health — occupational safety guidance and publications.
- FMCSA: Obstructive Sleep Apnea (OSA)

Need support? Contact HC&A for safety and risk-control assistance.