



Drowsy Driving

Training for Commercial Drivers



NEW
YORK
STATE

Department
of Health



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The New York State Department of Health and the Trucking Association of New York State (TANYS) developed this drowsy driving training to reduce the number of crashes involving commercial vehicles. It highlights the importance of taking breaks and getting good sleep to prevent deadly crashes.

You work long hours, under strict deadlines transporting goods on-time. While you are *allowed* to drive up to 14 hours, you have a responsibility to stay alert to protect yourself and others on the road.

Most people who die in CMV-related crashes are those in passenger vehicles who are outmatched by the much heavier CMV on the road. It is up to you to ensure your CMV is operated safely.

Watch this short [video](#).

Drowsy Driving is Deadly

- You are essential to our country and economy.
- You work long hours and tight schedules, but nothing is worth risking a deadly crash.
- Every year, drowsy driving results in the deaths of both passenger and commercial drivers.
- It's your personal responsibility stay alert.
- Learn the signs of driving drowsy and take a rest break before it's too late.
- Drive like your life depends on it...because it does.



Drowsy Driving is

Impairment

As dangerous as driving:

Distracted
Drugged
Drunk



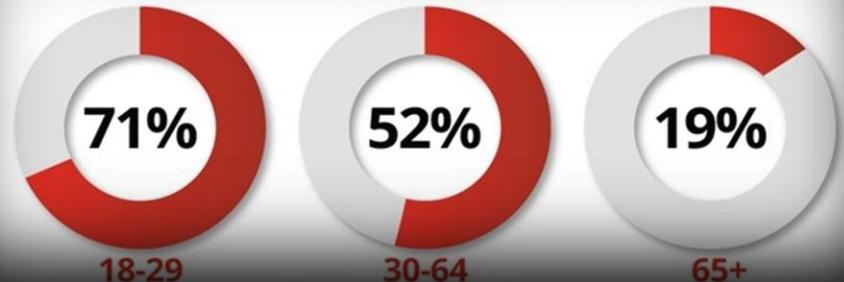
Commercial Drivers are at High Risk

- Long hours, tight schedules, and working nights.
- Different sleep patterns with less quality sleep.
- Less physical activity.
- Limited access to healthy foods.
- Stress on the job and at home.



The younger the driver, the higher the risk of drowsy driving.

LIKELIHOOD OF DROWSY DRIVING BY AGE



A woman with long brown hair, wearing a light blue sweater, stands next to a large commercial vehicle. She is reaching up with her right hand to touch a door handle on the side of the vehicle. The background is slightly blurred, showing an outdoor setting with a clear sky.

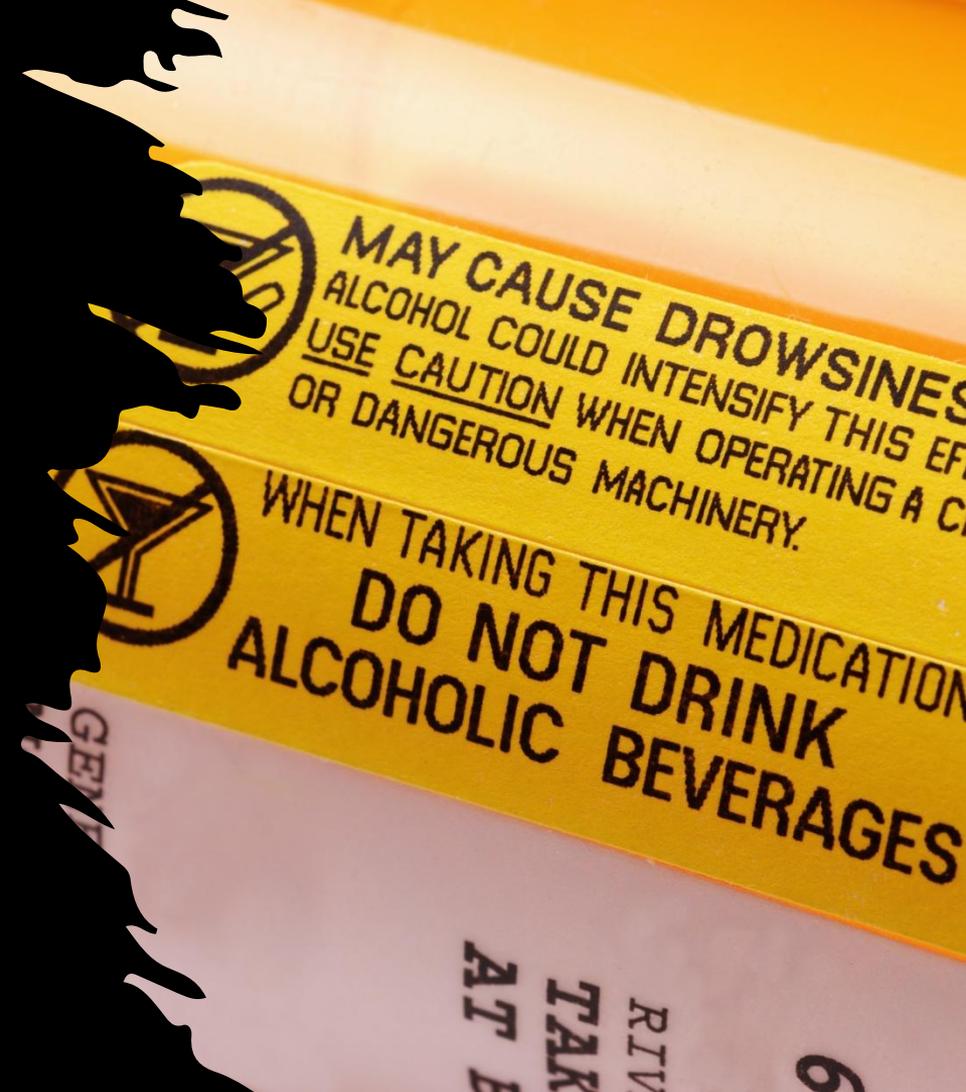
Your Driving is

Your Responsibility

- By Law, you may be allowed to work 14 hours, but that does not give you the right to drive drowsy or fatigued.
- It's physics: large commercial vehicles will crush passenger vehicles.
- Drowsy driving can lead to your own death or injury.
- Make sure you are alert and unimpaired.

Check Medications

- Check the label to see if they can make you **drowsy or sleepy**.
- Talk to your health care provider for advice.

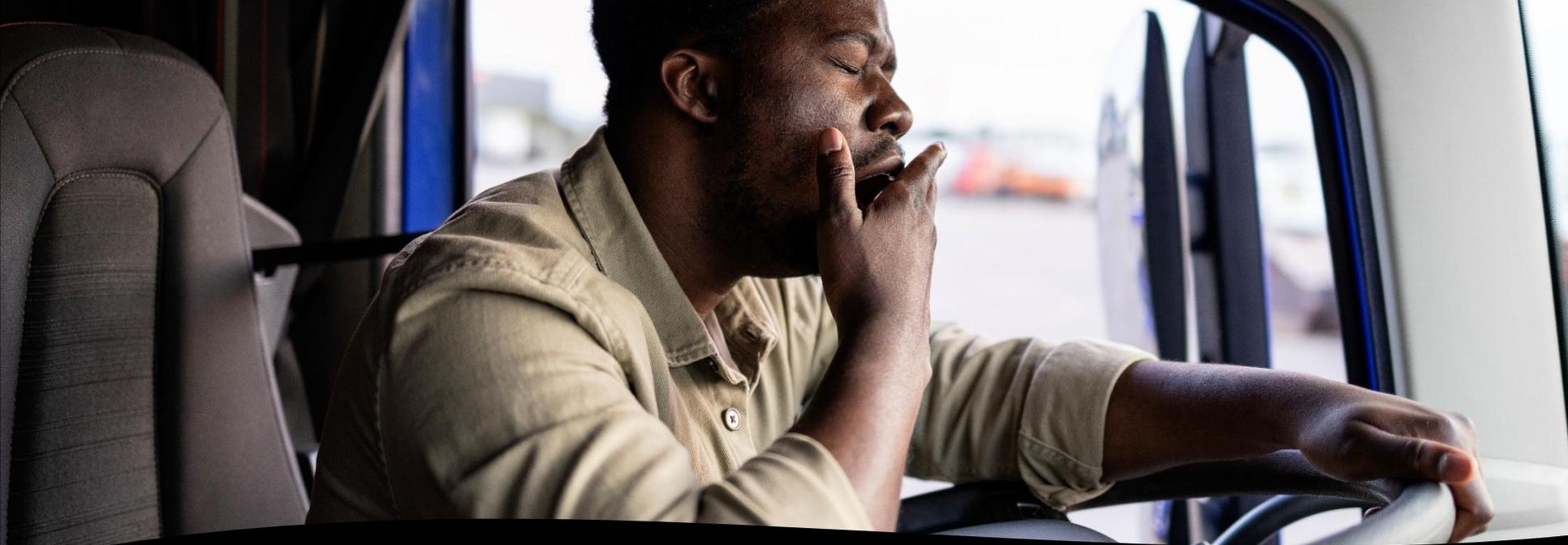




Plan

Rest Stops

- Long hours on the road require regular breaks.
- Plan rest stops into your route.
- Give yourself options.



Fatigue

Know the Signs

- Drifting between lanes and swerving
- Yawning repeatedly
- Struggling to keep your eyes open or focused
- Shifting in your seat, restless or jerky movement
- Tailgating or missing traffic signals
- Forgetting the last few miles driven

Take the Break

Before You Are Drowsy

- Rest every 100 miles or 2 hours.
- Check in with yourself to see if you need a break especially between 1pm-4pm and 2am-6am.
- Take a 10-to-45-minute nap. Wait 15 minutes after your nap before driving again.



Don't Substitute Rest

These Won't Keep You Awake or Alert

- Playing music
- Rolling down the windows
- Turning on the heat or air conditioning
- Smoking nicotine
- Drinking coffee or energy drinks





Drive Responsibly

Don't Live with Regret

- About 85% of people who die in Commercial Motor Vehicle crashes were in passenger vehicles.
- A typical commercial truck can weigh up to 80,000 pounds, which far outweighs the typical passenger vehicle.



Drive like your family is on the road with you.

Test Your Knowledge

Please answer this five-question [quiz](#) to test what you learned from viewing the Drowsy Driving Commercial Motor Vehicles Driver Training.



Stay Awake! Save a Life!



Department
of Health



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