



# RISK REMINDER

June 2020

Name: \_\_\_\_\_ Company: \_\_\_\_\_

## Distracted Driving and Fatigue brought on by the COVID-19 Pandemic

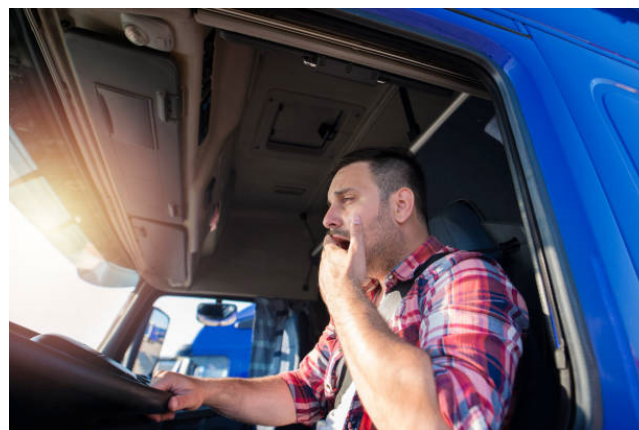
I don't know if any of you are noticing that none of us have complete clarity about anything that is happening right now, or for that matter the future. Concerns about the COVID-19 breakout are creating distractions for many commercial drivers as well as all other drivers which puts safety on the road for everyone at risk. Everyone is concerned about their health and about their family's health and at times concentration while driving wanders. Add the COVID-19 crisis to the already dangerous distraction of driving while using a cell phone and you have a disastrous situation just waiting to happen.

Fatigue is also an issue. Ever since the Federal Motor Carrier Safety Administration temporarily expanded the hours of service rules for carriers transporting supplies intended to help in the COVID-19 relief effort, drivers are getting less rest and sleep. Fatigue doesn't care if we are in a medical crisis or not, because fatigue is fatigue and have very serious consequences. If a driver is uncomfortable about a certain load or route, don't force yourself to take it. Concentration at that point may be compromised. Safety should be the utmost concern.

Another industry that has been greatly affected by the pandemic is the Moving Industry. This is the prime time for Movers and it has either reduced business or definitely has created unsafe conditions due to having to handle personal items of strangers on a move. Wear a mask and sanitize your hands as often as possible.

### Other Issues to be Aware of:

- Drivers should not push past their safety limit as far as rest is concerned. Take more breaks to relax.
- Talk to friends and family more frequently to stay in touch and relieve stress.
- Make sure you are doing the speed limit. It seems at times as though the 70 mile per hour speed limit has been changed to 80 to 90 miles hour. Slow down! It may save your life.
- Be more aware of traffic situations. People that may not have driven for the past couple of months may seem like they just received their driver's licenses and are learning how to drive.
- There will undoubtedly be more motor vehicle accidents once the lock-down is cancelled. Be more aware of back-ups and lane changers.
- Take personal safety very seriously to stay healthy during the unusual times. Avoid close contact with other people and objects in order to stay healthy.
- This is construction season. The only good thing about that is that it is occurring during a time when traffic has been greatly reduced due to the lock-down. Pay close attention to construction zones and your surroundings because others may not.
- Managers and Dispatchers should check with their drivers or crews more frequently just to check in on them and see if they have any questions or concerns. Communication is key to safety!



### Question (True or False):

1. All drivers have been given expanded hours of service, no matter what they're transporting. \_\_\_\_
2. All drivers should take more breaks to prevent fatigue. \_\_\_\_
3. Pay much closer attention to construction zones because other drivers may not. \_\_\_\_

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