

EMPLOYEE TRAINING RECORD

TRAINING TITLE Drive Out of a Trance

KEY TEACHING POINTS

- You're driving along a long, boring road. Lulled by the monotony of the seemingly endless strip of pavement before you, your eyes begin to glaze over. Suddenly, you come out of the stupor with a start, shake your head and quickly search the landscape ahead, to be sure there's no imminent danger on the road. Truck drivers often refer to this as 'highway hypnosis' - a trance like condition that can hit anyone in the midst of driving.
- The real problem is driving without adequate rest, which leads to drowsiness, the sleepy driver's failure to attend to his or her important driving assignment, and even falling asleep at the wheel. No one doubts that driver drowsiness is widespread, hazardous and frequently lethal.
- Here is a list of danger signs as a warning of driver fatigue:
 - * Your eyes close or go out of focus.
 - * You have trouble keeping your head up.
 - * You can't stop yawning.
 - * You have wandering, disconnected thoughts.
 - * You don't remember driving the last few miles.
 - * You have missed your exit.
 - * You keep drifting out of your lane.
 - * You keep speeding up and slowing down.
- The danger signals are equally relevant for car drivers on a long trip. You are especially vulnerable to road fatigue during normal sleep hours at night and in the mid-afternoon.
- Give yourself a break. Break the spell or avoid it by moving you eyes from object to object down the road, don't keep your eyes focused on the white line. Find a rest area, drink a cup or two of coffee, then nap for 20 minutes or so. The caffeine will kick in about half an hour after drinking the coffee, waking you up. But coffee won't keep you awake by itself for very long. Playing the radio louder, opening the window or turning on the air conditioning super cool is not going to work. The only thing that really works is rest.
- If possible, you'll do best to prevent driving fatigue in the first place by getting enough sleep before you start you journey. Avoid loading you car at night and departing after midnight. Travel with a companion, if you can; you can switch the driving chore, and a passenger can help look for early signs of fatigue and talk to the driver. Also, schedule regular stops every 100 miles or two hours, and avoid alcohol.

TEST

QUESTION	ANSWERS	
	TRUE	FALSE
1 'Highway hypnosis' - a trance like condition that can hit anyone in the midst of driving.		
2 Listen to the warning signs of fatigue when driving.		
3 Break the spell or avoid it by moving you eyes from object to object down the road, don't keep your eyes focused on the white line.		
4 You are especially vulnerable to road fatigue during normal sleep hours at night and in the mid-afternoon.		
5 You'll do best to prevent driving fatigue in the first place by getting enough sleep before you start you journey.		
EMPLOYEE'S NAME	EMPLOYEE'S SIGNATURE	DATE
SUPERVISOR'S NAME	SUPERVISOR'S SIGNATURE	DATE

1. True 2. True 3. True 4. True 5. True