




**Sleepiness  
is serious**



**Your guide  
to staying alert  
and safe out  
on the road**

**Drive**

**Safe**



Across the  
industry, drivers  
are routinely  
falling asleep  
at the wheel

In rail, one of the greatest risks  
is the road. And one of the highest  
risk factors for drivers is fatigue.

Drive

Safe





**Imagine  
driving  
blindfolded  
on a busy  
motorway...**

**That's what happens when you  
drift into a microsleep.**

At 56mph a van travels 25 metres a second,  
so a two second microsleep means travelling  
blind for 50m<sup>1</sup>.

Anything could happen.

So it's not just a yawn, head bobbing  
or heavy eyelids.

**Sleepiness is serious.**



**On the railway,  
alertness is  
everything**

**But keeping the railway open  
24/7 pushes us to our limits.**

Thousands of us work shifts that disrupt sleeping patterns. And many of our drivers are active between 2am and 6am and 2pm to 4pm, peak periods for fatigue.

**Fatigue can be as  
dangerous as drink driving.**

For too long we've accepted we must push through tiredness.

**After being awake for more than 17 hours,  
your brain can begin to work like you're at the  
UK drink drive limit<sup>2</sup>.**

You wouldn't drive while drunk, so why drive while dangerously tired?





**We can help  
you manage  
fatigue**

## **The Fatigue Standard can play a role in keeping you safe.**

Driving time and rest breaks are factored into your working hours.

It helps roster clerks and line managers plan and monitor the number of hours you can work safely.

**The Fatigue Standard gives you a guide...**

However, it does not impose limits on the hours that can be worked. It introduces triggers for a fatigue discussion or assessment and management plan.

Above all, it's important that we keep talking to each other about how tired we feel.

**Staying alert means staying safe.**



**Visit Safety Central to learn  
more about managing fatigue**

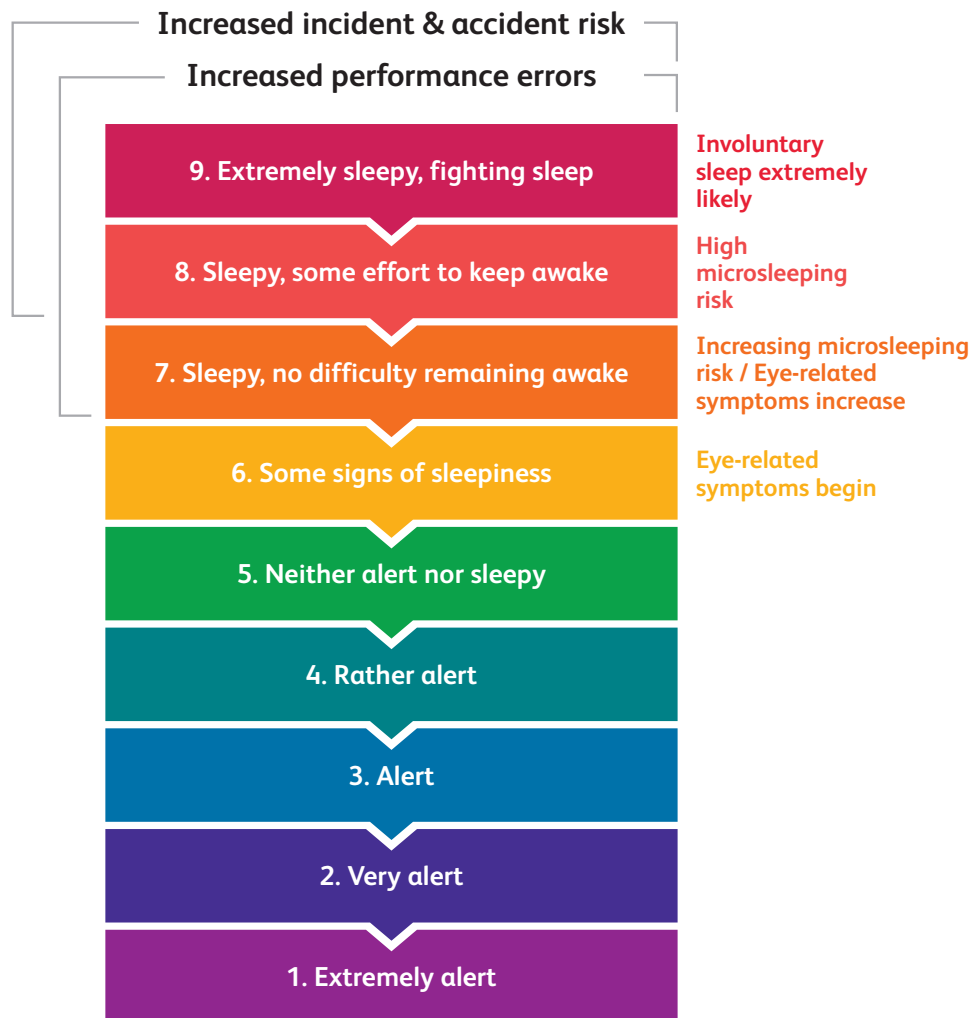


**Check your alertness levels with  
our [fatigue assessment tool](#)**

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## Karolinska Sleepiness Scale



### This simple test shows you when you're too tired to drive.

Before getting behind the wheel, take a moment to rate your tiredness from 1 to 9 using the Karolinska Sleepiness Scale:

- 1** Extremely alert  
– you're fully awake and focused.
- 5** Neither alert nor sleepy  
– you're okay to drive, but keep monitoring your tiredness.
- 7** Sleepy, but no effort to stay awake  
– you're at risk; consider resting before driving.
- 8** Sleepy, some effort to keep awake  
– Do not drive. You must rest immediately.

If you're at level 7 or above, you're too tired to drive safely. **It's time to take action...**

Drive

Safe



**At the early signs  
of sleepiness,  
here's what  
you should do:**

#### **Driving with others**

- As a team, always choose an alert driver.  
Not just the team member who always drives.
- Agree who should stay awake to 'buddy up'  
with the driver.
- And at the first sign they're sleepy,  
stop somewhere safe and swap drivers.

#### **Driving alone**

- If you're on your own, pull over  
somewhere safe.
- Then call your line manager or control  
24/7 to arrange a nearby hotel or taxi.
- If this is not possible, and you decide  
to continue driving, you should drink a  
caffeinated drink and aim to get a 20 minute  
nap before the caffeine kicks in. Then, only  
set off once you feel rested and alert.

**Microsleeps don't always come with  
a warning – they just happen**

 **Watch our 3 minute film**

**Drive**

**Safe**

**It's okay to say  
"I'm too tired  
to drive."**

Most importantly, we must be open with each other about levels of tiredness.

As a team, look out for each other. Don't let teammates drive if they're showing signs of being sleepy.

And if you're worried about driving on your own, speak up and get help. Above everything, avoid driving when you're too tired...

...because sleepiness is serious.



To learn more about managing  
fatigue or road risk generally:  
Visit Drive Safe on Safety Central



everyone  
home safe  
every day

Drive

Safe