LOGISTICONSULT
BESPOKE TRANSPORT MANAGEMENT SOLUTIONS

DRIVER TOOLBOX TALK · ABOUT 10 MINUTES

FATIGUE & WELLBEING.

Fatigue affects reaction time the way alcohol does — and it builds up before a driver even notices.

WHY THIS MATTERS

Fatigue is one of the biggest causes of fatal HGV crashes. It's quiet, it builds gradually, and by the time a driver feels genuinely tired, their judgement is often already affected.

COVER WITH THE GROUP

Key Points

- Tiredness slows reaction time in a similar way to alcohol
- Micro-sleeps last only seconds but can happen at any speed
- Warning signs include yawning, heavy eyelids, drifting in your lane, and missing junctions
- Take breaks properly — don't push through and take them later
- Sleep quality matters as much as how many hours you get
- Diet, hydration, and exercise all affect how alert you feel on shift
- If you feel tired, stop somewhere safe — don't wait for the next scheduled break

WATCH OUT FOR

Common Mistakes

- Treating tiredness as something to push through rather than act on
- Relying on caffeine or energy drinks instead of genuine rest
- Not speaking up when a schedule is unrealistic

Ask the group:

Have you ever caught yourself drifting or losing focus while driving? What did you do?

What would you want your workplace to do differently to help with this?

ATTENDANCE RECORD

Keep this page on file as evidence the talk took place. DVSA and the Traffic Commissioner look for proof of ongoing driver training, not just a policy that says it happens.

Talk delivered by: _____ **Date:** _____ **Location:** _____

Driver Name	Signature	Date