

Fatigue in traffic

Fatigue and rush are present in the everyday life of most people of working age. They also repeatedly pose risks on the roads. At the workplace, the effects of fatigue and rush should be discussed. Both individual employees and employers can influence the safety of commuting.

Target

The aim of the safety session is to help identify signs of fatigue in traffic and to find ways for the work community to combat fatigue.

What is needed?

- Traffic fatigue slideshow
- 15-30 min time

Implementation

With the help of the slide series, we discuss together what factors cause fatigue either in civilian life or at work, and how fatigue can be reduced. It is important to find ways to use the entire work community and lower the threshold for talking about fatigue.

Final result

It is a good idea to record the prevention of fatigue in documents concerning work traffic. The topic should also be returned to regularly.