




Drive the 5

Rested and alert

The following pages contain Action Card handouts drivers can keep in their vehicles for reference after corresponding toolbox talks. Please note the following for successful printing:

- Handouts are set as 4-up, with 4 cards per page
- Each page has visible crop marks, so a commercial printer can trim to a final size of 4.25" x 5.5"
- 4-color digital printing is recommended
- Print on durable card stock such as 60-80 lb. laser cover paper (matte)
- If printing on 8.5" x 11" sheets, make sure you are printing at 100%, center content and print double sided—do not scale to fit page
- Use the index below to determine the pages you would like to print—make sure you select BOTH pages for each subject

Hours of service.pdf	2	Recognizing fatigue.pdf	4
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 **For assistance with risk management services or safety resources, contact us at RMSolutions@nationwide.com or 1-800-260-1356.**

NationwideAgribusiness.com

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- E**nvironment aware

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Hours of service (HOS)

Complying with HOS regulations is essential, but it doesn't guarantee you're free of fatigue. Remember these key points if you must comply with HOS regulations.

- 1 Driving limits— Unless using an exception or exemption, drivers cannot:**
 - Drive more than 11 hours in a 14-hour work shift.
 - Be on duty for more than 14 hours.
 - Reset their clock without at least 10 consecutive hours of off-duty time.
- 2 Rest breaks:**

Drivers who log hours must take a 30-minute rest break after 8 hours of driving.
- 3 When to rest:**

The 30-minute break can be taken during off-duty time or while on-duty but does not occur while driving.
- 4 Sleeper berth:**

Drivers can split their required 10 hours off-duty into two periods (e.g., 8/2 or 7/3). Neither period counts against the 14-hour driving window.
- 5 Weekly limits:**

Remember after reaching maximum weekly hours (either 60 hours/7 days or 70 hours/8 days), drivers cannot drive a commercial motor vehicle.

For further guidance, refer to Federal Motor Carrier Safety Administration Hours of Service ([fmcsa.dot.gov/regulations/hours-of-service](https://www.fmcsa.dot.gov/regulations/hours-of-service)).

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Nationwide® Risk Management | Rested and alert

Recognize fatigue signs

Rest is essential for alertness and focus while driving. Fatigue affects decision-making, reaction time, and overall performance!



1 Head drooping:

- Trouble keeping your head up.
- Impending micro naps — brief moments of sleep lasting only a few seconds.
- At 55 MPH, a few seconds cover more distance than a football field.
- Remember, caffeine does not prevent fatigue.

2 Memory lapses:

- Trouble recalling the past few miles driven or missing familiar checkpoints.
- These lapses may indicate fatigue.

3 Lane drift:

- Hitting rumble strips or veering from lanes.
- Fatigue affects lane centering and concentration.

4 Yawning and blinking:

- Excessive yawning.
- Difficulty keeping your eyes open.
- Take these frequent indicators of fatigue seriously.

5 Forgetfulness:

- If you forget items before starting your trip, assess your readiness.
- Prioritize rest for a safe journey.

For further information, refer to National Highway Traffic Safety Administration ([nhtsa.gov/risky-driving/drowsy-driving](https://www.nhtsa.gov/risky-driving/drowsy-driving)).

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