



Premier Road Carriers Limited

Driver Fatigue Management

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Driver Fatigue Management

Fatigue is an ever-present issue in the Road Transportation industry. Premier Road Carriers Ltd is committed to reduce Fatigue and related incidents occurring due to the same.

Fatigue is the main cause of serious accidents in the Transport Industry. Fatigue and Sleepiness is the result of natural body functions called Circadian Rhythms and the effect of accumulated sleep Debt.

If drivers feel fatigued during a trip and they need to make an unscheduled stop for rest that will affect the ETA, they must contact management immediately advising they will be taking a break.

Sleep Debt can be caused by a number of factors including, excessive work hours, inadequate time allowed for proper recovery, poor quality sleep and certain medical conditions.

Thus, we have a specific Policy for Fatigue Reduction.

Our Commitment to our Drivers:

- Maximum Driving of 10 Hours Per Day.
- Driver to always be accompanied by a Helper/Conductor.
- Driver not to be penalised for Sick Days.
- No undue Delivery Targets to be given to the driver.

Premier Road Carriers Ltd expects that their drivers will acknowledge and understand when they are fatigued. Fatigue can result in reduced performance and alertness with encountered hazards and reaction to situations slowed or inappropriate where the driver is fatigued.

Premier Road Carriers Ltd believes that it is unacceptable to be fatigued and nod at the wheel. This is an unacceptable situation for our company given that it may result in severe injury to the driver concerned or other people on the road.

Premier Road Carriers Ltd insists that if drivers feel tired, they must pull over and have a sleep to recover. This decision will always be fully supported by the Company.

Premier Road Carriers Ltd have made their drivers aware of the signs of fatigue including yawning, heaviness in the eyes, dimmed vision, pressure in the head and temples, thirst and hunger, painful bottom/stiffness/cramps, sweating hands, twitching, irritability, impatience, daydreaming, wandering thoughts, vehicle wandering in lane and the inability to maintain a constant speed.

Premier Road Carriers Ltd Operations Manager will keep record of drivers working and driving hours to ensure that fatigue management factors are monitored. Drivers will be required to keep adequate records which will be audited both internally and externally for compliance.



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