Incident Summary:
On May 28th, Leo left his house at 4:00 a.m. to drive to report to work as a log truck driver at a logging site 45 minutes away. He had worked an average of 13 hours/day Monday-Friday for the past two weeks. Seasonal allergies had also left Leo congested and sleep-deprived. At 7:32 a.m., police and EMT personnel responded to an accident involving Leo’s truck and an SUV. According to the police report, Leo fell asleep at the wheel and failed to stop at a traffic light. His loaded log truck hit an SUV carrying a woman and two children. The woman and one child died at the scene. The other child was life-flighted to Dallas Children’s Hospital. Leo suffered a concussion, and multiple broken bones in his feet, legs and hips.

Discussion Questions:
1. What contributed to Leo’s fatigue?

2. What can a worker do to fight fatigue?

3. What are the lifelong consequences of this incident?

Take Home Message:
Driving or operating machinery while fatigued can be deadly, for you and the people around you.
**Tips for Fighting Fatigue at Work**
1. Take a brisk walk.
2. Refresh with cold water: splash your face with cold water, pour cold water over wrists or put a cool, damp cloth on your forehead.
3. Snack on nuts.
4. Avoid sugar. It may give you a temporary surge of energy, but will ultimately cause a sugar crash. It can also lead to weight gain which can contribute to fatigue.
5. Chew mint gum or packaged mints. The smell of mint can promote energy.

**Tips for Preventing Fatigue**
1. Talk to your doctor about fatigue and/or trouble sleeping.
2. Drink plenty of water. Limit caffeine and energy drinks.
3. Get enough sleep.
4. Exercise to boost energy and help you sleep.
5. Maintain a healthy weight.
6. Don’t skip meals.
7. Eat plenty of fruit, vegetables and whole grains.
8. Manage stress.

**Resources**
- [How to Fight Fatigue and Stop Feeling Tired](http://www.everydayhealth.com/rheumatoid‐arthritis‐pictures/how‐to‐fight‐fatigue‐and‐stop‐feeling‐tired.aspx)
- [9 Energizing Tricks to Fight Fatigue](http://www.prevention.com/health/sleep‐energy/9‐energizing‐tricks‐fight‐fatigue)
- [10 Fantastic Ways to Fight Fatigue](http://www.drfranklipman.com/all‐day‐energy‐10‐fantastic‐ways‐to‐fight‐fatigue/)