

**2021**

**MARVIN KELLER**

**Fatigue Campaign**

### **Fighting Fatigue**

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We have all been there. Eyes getting heavy, yawning and mind zoning out but we only have another hour to go, so we grab a coffee, turn on our favorite tunes and stay the course. But by ignoring our body's fatigue indicators, we are putting not only our own safety at risk, but the safety of others on the roadway (Someone's Mother, Father, Child). No matter what we do, we cannot eliminate our need for sleep. It is as necessary as food and water.

**[www.marvinkeller.com](http://www.marvinkeller.com)**

# WHAT IS FATIGUE?

The term **fatigue** describes a state of mind and body and is used to describe the feeling of being tired, drained, or exhausted. Fatigue reduces our ability to do work, including loss of attention, slower reactions, poor response, deterioration of judgment, and alertness.

Fatigue can develop slowly making it difficult to realize that you are too tired to drive safely. So watch out for the warning signs of fatigue, and if you experience a combination of any of the symptoms, **DO NOT DRIVE, TAKE A POWER NAP (10– 45 minutes)**, and address the factors that may be contributing to your fatigue.

## SYMPTOMS OF FATIGUE:

- Constant yawning
- Blurred vision or sore or heavy eyes
- Difficulty keeping your head up or eyes open
- Poor concentration, i.e. you don't notice a vehicle until it overtakes you or you find yourself daydreaming.
- Variations in driving speed
- Letting your vehicle drift out of lanes
- Difficulty remembering the last few miles or the last 5 minutes
- You become impatient and make rash decisions

## **TIPS FOR HOW TO MANAGE FATIGUE:**

- Know your body's sleep needs and limitations
- Plan your trips to include regular times of rest
- Get the amount of sleep you require in one stretch if at all possible
- Take a short nap when feeling the onset of fatigue
- Understand the effects of caffeine and stay away from stimulants stronger than a cup of coffee
- Do not accept loads that will require you to exceed hours-of-service limitations
- Eat healthy meals
- Exercise regularly
- Drink plenty of water

***REMEMBER...***

**Sleep is the best medicine for combating fatigue!**

# **CAMPAIGN MATERIALS**

**\$200** bonus paid on your settlement as soon as you complete the below campaign activities. Be sure to complete the campaign material by **December 31, 2021**.

## **PROTREAD:**

Fatigue Management

Hazard Awareness

Skid Control

Spotted Lanternfly Training

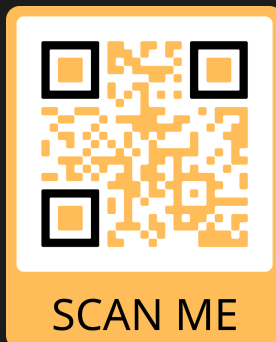
Steps to Injury Prevention

Winter Driving

## **Fatigue Awareness Form:**

Access by clicking the link or scan the QR Code.

**Link:** <https://forms.gle/8Ab26aAb8b2UfAvU8>



# HOW TO ACCESS PROTREAD

1. ProTread User Login: <http://www.ititrains.com/>
2. Enter your User ID which is your driver number
3. Enter Site ID: 700120
4. Training for the current campaign is listed under Assigned & In Progress Pro-Tread Lessons
5. Select the lesson you wish to complete (make sure you have your volume turned up)
6. We will receive notification once you have completed a lesson

ProTread Lessons can be completed online or in the Marvin Keller office

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