

Fatigued driving escalation path

Safety is the top priority for Amazon. When used properly, the fatigue escalation process outlined below can not only prevent an accident but also help ensure the safe recovery of drivers and assets.

What is fatigue?

Fatigue is the result of physical or mental exertion that reduces alertness, slows reaction times, and decreases awareness of hazards.

Identifying fatigue

Signs of fatigue can include:

- Yawning
- Difficulty focusing or keeping eyes open
- Rubbing your eyes repeatedly
- Drifting from your lane
- Lane Departure Alerts
- Missing signs/exits
- Experiencing tunnel vision—a temporary loss of peripheral vision
- Experiencing micro sleeps—brief sleep episodes lasting from a fraction of a second up to 30 seconds

Fatigued driving escalation process

1. Pull over: Find a safe location off the highway to pull over and park, engaging your warning devices if needed
2. Escalate: Contact your AFP or dispatcher/manager
3. Report: Use the Relay mobile app to report the disruption via the request a callback feature and select 'Trip Issue'
4. Coordinate: Receive a callback and advise the agent that you're fatigued and need either an intransit (trailer) recover, tractor tow back to the yard, or an Amazon Lyft voucher

Fatigue prevention tips

Some proactive steps you can take to reduce the likelihood of fatigued driving include:

- Sleeping at least 8 hours
 - Taking required breaks
 - Eating well and staying hydrated
 - Reducing stress

