



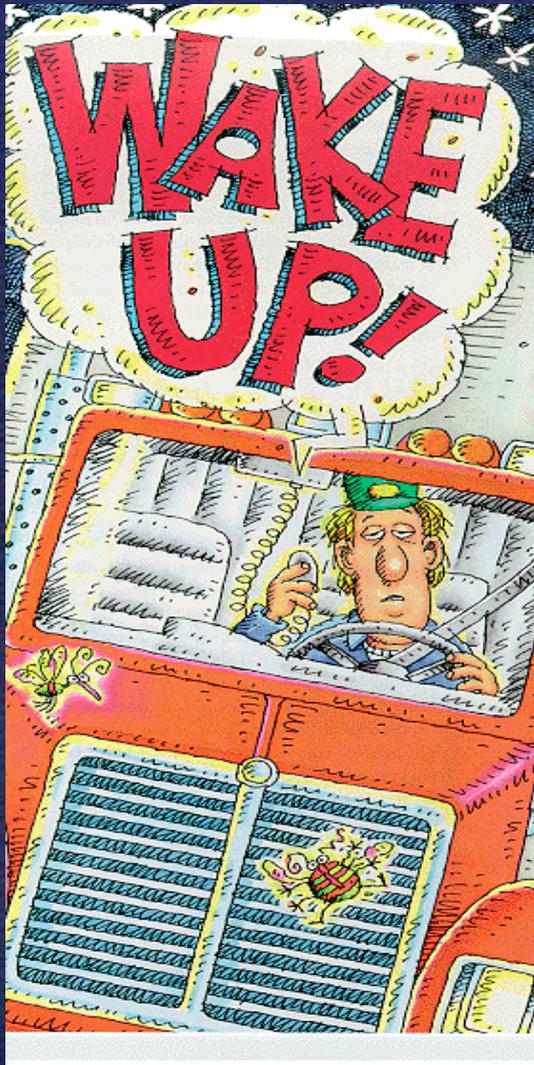
NTSB National Transportation Safety Board

Office of Highway Safety

Fatigue-related Educational Efforts

Meg Sweeney, Ph.D.

Educational Materials



 NATIONAL SLEEP FOUNDATION

Drive Alert...Arrive Alive®
**Facts About
Drowsy Driving**



NTSB



Fatigue Management Program

- North American Fatigue Management Program for Commercial Drivers
- Components
 - Company ownership of the FMP
 - Education and training
 - Scheduling policies and practices
 - Sleep disorders screening and treatment
 - Review

Fatigue Management Plans

- Evaluation at the individual motor carrier level
- Evaluation by the FMCSA
- Articles for motor carrier and commercial driver organization publications



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