

Summer Fatigue Tips for HGV Drivers

Stay Hydrated – Water Is Important!

- **Drink 2–3L of water daily**, especially in hot cabs.
- Avoid too much caffeine or energy drinks—they can **dehydrate** and lead to a crash in alertness later.
- Keep a **cool bottle** within arm's reach. Consider using a cooler or fridge box.

Manage Your Cab Temperature

- Use **air conditioning** or a **sunshade** to keep the cab cool.
- Park in the **shade** during breaks when possible.
- Don't sit in a hot cab on breaks—get out, stretch in fresh air.

Rest Well – Quality Sleep Matters

- Fatigue builds over days. Aim for **7–8 hours of good sleep**.
- Use **blackout blinds** or a sleep mask if you're sleeping in the cab in daylight.
- Consider a **fan or portable cooler** for overnight cab comfort.

Use Breaks Wisely

- **Take a short walk** or do light stretches every 2–3 hours.
- Even a **10-minute nap** can reduce microsleeps and boost alertness.
- Follow the **Tacho rules**, but also listen to your body—don't push through exhaustion.

Watch for Warning Signs of Fatigue

- Heavy eyelids, yawning, drifting in lane, missing signs? These are **danger signs**.
- If you feel drowsy, **stop immediately**—no load is worth the risk.
- If fatigue is persistent despite good habits, **tell your employer**—you may need a medical check or rest days.

Plan Driving Hours Around Heat

- If possible, start early in the day to avoid the **afternoon heat peak (12–4 PM)**.
- Avoid tight schedules in very hot conditions—fatigue slows your reaction times.

Wear Light Clothing – But Stay Safe

- Light, breathable clothes keep you cooler, some of our clients do not allow shorts or short sleeved t shirts for your safety, we understand this can be hard in hot weather.
- Use **polarised sunglasses** to reduce glare, but make sure they meet **driving safety standards**.

Keep Your Cab Clean & Organised

- A cluttered cab can add to stress and reduce comfort.
- Use window vents or fans for airflow without noise or distraction.

It is important you call the office if you are feeling unwell whilst on shift, your health and safety is our upmost importance.