Driver Fatigue Response Checklist

Driver and trip

Driver / unit / date / time

Location / dispatch contact

Recognize and act

- ☐ Notice repeated yawning, heavy eyelids, missed signs, wandering attention, or difficulty maintaining lane or speed.
- ☐ Do not begin or continue driving when fatigue or illness makes operation unsafe. Reach a safe stopping place without creating an additional hazard; seek emergency help when needed.
- ☐ Notify dispatch promptly and describe the operational concern. Do not rely on caffeine, loud music, or an open window as a substitute for needed rest.

Build a safe plan

- ☐ Arrange appropriate rest, relief, rescheduling, or other support. Confirm safe parking and communicate shipment changes.
- ☐ Record duty status accurately and review applicable HOS limits. Do not edit records to create apparent driving time.
- ☐ Reassess alertness and the assignment before resuming. If the concern remains, keep the vehicle stopped and obtain appropriate assistance.

Response and reassessment

Action taken / safe location

Support arranged / person responsible

Reassessment time / driver report

Resume or remain stopped / reason

Trip changes and follow-up

The 392.3 grave-emergency provision is narrow and concerns increased danger to vehicle occupants or other highway users. It is not a scheduling exception. Keep sensitive health information out of this general operating record.

49 CFR 392.3

Working resource. Confirm applicability and current requirements for your operation.