

Musical Chairs Discussion Strips



Why is fatigue important to the FMCSA?

What is fatigue?

What are signs of fatigue?

How do you feel when you are fatigued?

What are factors that may impact how you feel fatigue?

What is chronic fatigue?

What are signs that you can look for that another driver on the road might be experiencing fatigue?

When do fatigue related crashes most occur?

Why is a schedule so important?

When are the best times for sleep in general?

Describe your sleeping patterns. Are they good or bad? Why?

Do you take vitamins? Did you know that it is important to take your vitamins?

What are some solutions you would provide another driver for driver fatigue?



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What happens to your body when you get a good night's rest?

How much sleep do we need?

What are the keys to sleeping well?

Write your own.

Write your own

