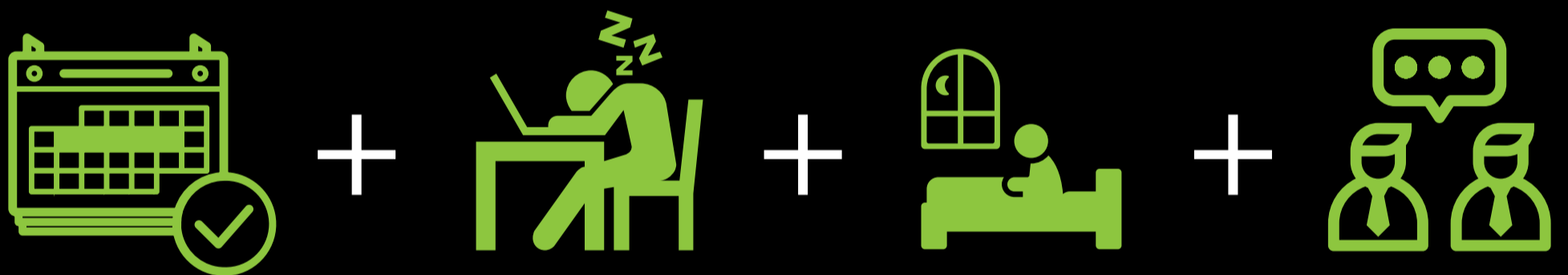


DO YOU SUFFER FROM D.I.D.O FATIGUE?

**D.I.D.O is where
workers drive long
distances to and from
their place of work.**



**Seek help before your sleep
debt becomes someone else's problem.**

Where to go for help:

- » **Utilise your workplace Employee Assistance Program**
- » **Confide in family and friends**
- » **Talk to your GP**
- » **Lifeline – 13 11 14**
- » **Beyond Blue – 13000 224 636**
- » **Men's Line – 1300 789 978**

- ✓ **Do you work extended rosters and shifts?**
- ✓ **Are you always exhausted at work?**
- ✓ **Do you have trouble sleeping?**
- ✓ **Do you avoid telling others when you're struggling?**

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ARE YOUR WORKER'S AT RISK FROM D.I.D.O FATIGUE?

D.I.D.O is where workers drive long distances to and from their place of work.



Long commutes



Substance use



Shared accommodation



Extended shifts and rosters

Make changes before their sleep debt becomes someone else's problem.

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HOW TO COMBAT D.I.D.O FATIGUE

**D.I.D.O is where
workers drive long
distances to and from
their place of work.**



**Combat D.I.D.O fatigue before your sleep debt
becomes someone else's problem.**

For further assistance:

- » **Utilise your workplace Employee Assistance Program**
- » **Confide in family and friends**
- » **Talk to your GP**
- » **Lifeline – 13 11 14**
- » **Beyond Blue – 13000 224 636**
- » **Men's Line – 1300 789 978**

- ✓ **Avoid driving tired to and from the worksite**
- ✓ **Aim for 7+ hours of sleep after each shift**
- ✓ **Compensate for sleep debt with earlier bed times**
- ✓ **Use ear plugs and black out curtains to prevent sleep disturbances**
- ✓ **Negotiate shorter rosters with your employer**
- ✓ **Avoid stimulants and alcohol**

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FIGHT BACK D.I.D.O FATIGUE

**D.I.D.O is where
workers drive long
distances to and from
their place of work.**



**Make changes before their sleep
debt becomes someone else's problem.**

- ✓ Implement a fatigue management policy
- ✓ Ensure shifts do not extend beyond 12-hours
- ✓ Allow workers to negotiate shorter rosters
- ✓ Provide quiet accommodation
- ✓ Offer fatigue management training to workers
- ✓ Use fatigue monitoring technology
- ✓ Facilitate a non-punitive reporting culture
- ✓ Encourage use of Employee Assistance Programs and peer support programs

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