

FATIGUE IN RAIL

KNOW THE FACTS



Sleep:

- Plays a vital role in memory, performance, and learning
- Helps maintain alertness and improve your overall mood, health, and well-being
- Provides an opportunity for your mind and body to restore, balance, and repair itself

1

A Federal Railroad Administration investigation found that fatigue played a role in up to 40% of train driver-related accidents.

2

21% of train accidents are caused by driver fatigue.

3

Driver fatigue and distraction rank 1st among the causes of major accidents in railway accidents.

4

Fatigued train drivers use up to 5% more fuel and engage in more speed violations than well-rested drivers.

5

Falling asleep while driving, even with 2 drivers, was the foremost consequence of fatigue reported by train drivers.

6

Open discussions about sleep and fatigue with coworkers can protect against accident risks and mental health issues.

7

Rail workers face higher mental workloads from more automation, as sleep loss affects mental ability more than physical ability.

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