

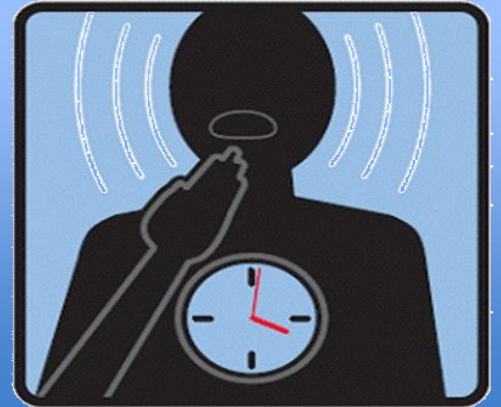


RULE No 6 - Stay alert and prevent fatigue. Drivers are not allowed to operate a vehicle unless they are appropriately rested and alert

- Drivers are responsible for ensuring they do not drive if they are tired and unable to remain alert while driving. Not suffering from fatigue is a condition for safe driving.
- HeidelbergCement companies should ensure that reward mechanisms do not incentivize the drivers to drive excessive hours, which could lead to driving while tired or fatigued. This means that payment by the number of journeys, loads or kilometers driven must be strictly controlled.
- According to Group Standard on Driving Safety, all HeidelbergCement companies must inform drivers on how to identify fatigue, alertness problems, and means of addressing them.

What is the driver fatigue?

- Describes the feeling of being tired, drained or exhausted;
- Can be caused by mental, physical or emotional reasons;
- May affect the ability to drive safely;
- Must be identified, assessed and controlled like other hazards in the workplace;



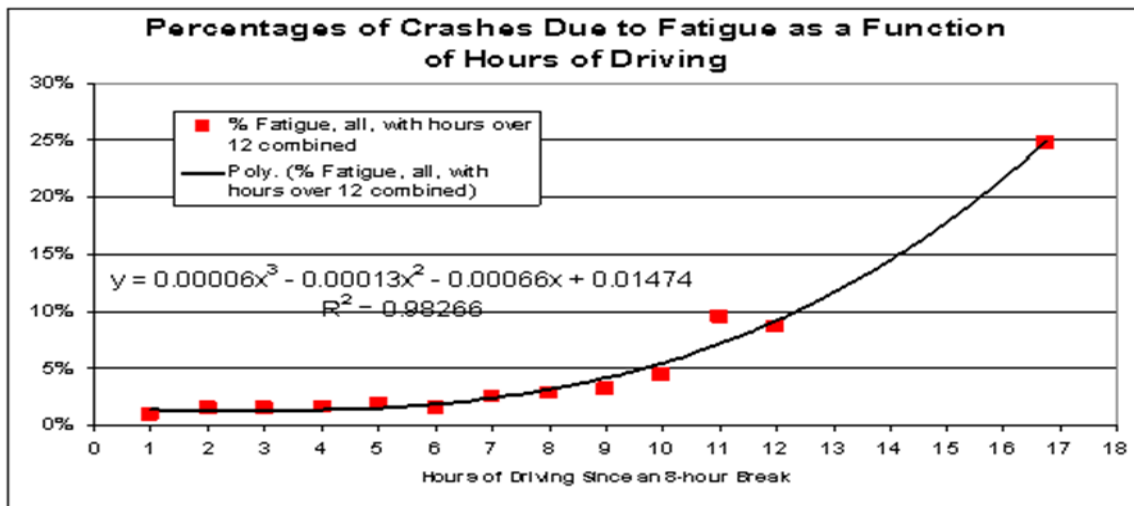
There is no commonly accepted definition of fatigue, but working definition typically refer to a combination of:

Symptoms: impaired performance (loss of attentiveness, slower reaction times, impaired judgment, poorer performance on skilled control tasks and increased probability of falling asleep) and subjective feelings of drowsiness or tiredness.

Contributory factors: long period spent awake, inadequate amount or quality of sleep over an extended period, impact of specific sleep disorders (especially sleep apnoea), sustained mental and physical effort, disruption of circadian rhythms (the normal cycles of day time activity and night sleep), inadequate rest breaks and environmental stresses (such as heat, noise, and vibration).

Impact of driving hours on crash risk

- The curve below shows that fatigue-related crash risk starts rising after the six or seven hours.
- Management and control of driving and rest hours by drivers and management is necessary to prevent accident due to fatigue.
- The risk to have an accident increases with increasing driving hours significantly.



How to identify fatigue?

- Difficulty keeping the eyes in focus;
- Frequent yawning;
- Loss of concentration and wandering thoughts;
- Failure to check rear view mirrors as frequently as normal;
- Driving too slow or too fast;
- Reduced awareness of surroundings - e.g. apparent sudden appearance of other vehicles behind or in front of the truck;
- Memory lapses -no recollection of driving the last few kilometers/ miles;
- Unconscious variations in speed;
- Missing a turn-off;
- Drifting out of the lane;
- Erratic shifting.

How to avoid fatigue?

Breaks

Take breaks during periods of reduced alertness or when the risk of drowsiness is higher.

Get out of the cab.

Have a meal or snack if needed.

Stretch, walk around, exercise.

Breaks do not substitute sleep, if the driver is experiencing signs of fatigue.

Napping

Short naps (even for as little as 20 or 30 minutes) might supplement major sleep periods

Cabin Environment

The following factors have an impact on the alertness of drivers:

Noise;

Temperature;

Seating.

Caffeine

Caffeine, from coffee, colas or chocolate bars, can stimulate alertness, but this effect will last only for short periods of time.

Caffeine is not a cure for fatigue.

Excessive caffeine consumption can create digestive problems such as heartburn and can disrupt healthy sleep



For information about the legal requirements related to rules on driving times and breaks, please, see Regulation (EC) No 561/2006. This Regulation lays down rules on driving times, breaks and rest periods for drivers engaged in the carriage of goods and passengers by road in order to harmonise the conditions of competition between modes of inland transport, especially with regard to the road sector, and to improve working conditions and road safety.

This form is informative-educational and includes information from the sites below:

<http://www.fmcsa.dot.gov> and Company materials

Safety Talk

Date:

Safety Talk Leader

Names / Position:

.....
.....

Company:

Department:

Signature:



List of participants:

| Name - Surname | Position | Signature |
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