



FATIGUE MANAGEMENT POLICY

Fatigue Management Policy

1. Introduction

This Fatigue Management Policy (this Policy) is intended to serve as a guide to drivers of MooVr (Australia) Pty Ltd in Australia (individually app and platform (MooVr App) regarding fatigue management. MooVr requires drivers to observe this policy and manage their fatigue when driving, by taking necessary and appropriate required rest breaks and other safety measures.

2. About

2.1 Driver fatigue is a major safety hazard for all drivers. The utmost priority of MooVr is the safety and wellbeing of its drivers and riders. A driver who is fatigued is less able to judge how tired they are, signifying the risk of falling asleep at the wheel is greater, which poses serious concerns for both driver and riders. Working very long or extended hours does not allow time to recover from work, to the extent a driver is no longer effective or safe at work.

3. Purpose

3.1 The purpose of this policy to understand, help recognise and help prevent fatigue and the risk of fatigue related incidents. This policy applies to all MooVr Drivers. MooVr drivers have a legal obligation to ensure that they do not drive while fatigued.

3.2 Driving while fatigued poses a serious safety risk to you and your riders, as well as other road users. You should find our Fatigue Management Policy useful to help you comply with these obligations.

4. Causes and Impact

4.1 Fatigue can be caused by

- Lack of quality sleep.
- Working when you would normally be asleep and sleeping when you would normally be awake, getting less sleep and working long hours and not enough recovery time are some of the causes of fatigue.
- Driving for excessive periods
- Staying awake or working for excessive periods of time
- Having a sleep disorder such as sleep apnoea. Symptoms of sleep apnoea include heavy snoring broken by sudden periods of silence, restless sleep and constantly being tired during the day.

5. Warning Signs

5.1 Common signs of fatigue

- Excessive yawning
- Heavy eyes
- Stiffness or cramps
- Microsleeps (sudden, uncontrollable episodes of sleep lasting up to 10 seconds)

5.2 Other Warning Signs

- You have trouble keeping your head up.
- Wandering disconnected thoughts.
- Eyes close for a moment or go out of focus.
- Eyelids droop.
- Forget driving the last few kilometres.
- Miss a road sign or exit.
- Brake too late.
- Find you have slowed unintentionally.

5.3 Fatigue increases your chance of having an accident. It affects your driving by causing:

- Slower reaction times
- Lack of concentration
- Poor judgment

5.4 Driving at night is when you are most at risk of tiredness, as well as after lunch and early in the morning.

6. Preventive Measures

6.1 When driving using the MooVr app, it's important to assess your level of fatigue prior to receiving a trip. Think about how long you may have been awake for, and whether you've had enough sleep. Remember, driver-partners have a legal obligation to manage their fatigue at all times whilst driving on the app.

6.2 To help safeguard you and your passengers' safety, if you're driving and feel tired, you should take a break.

6.3 What can be done to prevent fatigue related crashes:

- not driving at times of the day when they are usually asleep
- getting enough sleep before driving
- stopping driving for a short sleep if they notice signs of fatigue or sleepiness (such as yawning, blinking more than usual, or forgetting the last few kilometers of driving).

6.4 Tips to help you handle fatigue:

Before you start driving –

- Make sure you regularly get enough sleep.
- Be aware of your biological clock



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- If possible, don't start a long trip after a long day's work.

While driving –

- Plan regular **10 or 15-minute breaks** for every two hours of driving. Take a power nap if tired. Research shows that even a small sleep or power nap of 10 minutes can significantly reduce your chances of a crash caused by fatigue.
- Cool the car interior.
- Don't drink alcohol. (This is against MooVr policies)
- Take regular rest breaks to help reduce the effects of fatigue.
- Eat proper and well-balanced meals, preferably at your normal meal times.
- It's a good idea to take a couple of days off to recharge if you've been driving for a number of consecutive days
- If you are under medication, it's best to rest, otherwise, check if any medicine you are taking may affect alertness
- Know the early warning signs of fatigue. If you experience any of the warning signs above, or just generally feel tired or drained, log off and call it a day.

6.5 A driver should be given appropriate time to plan and prepare for work periods involving shifts, be free from alcohol and drugs, be medically fit and should have regular medical assessments.

6.6 Drivers need to monitor their own work performance and take regular periods of rest to avoid continuing work when tired.

6.7 Remember that once you are fatigued the only cure is sleep!