



SERVICE RIG DRIVER TRAINING: FATIGUE MANAGEMENT AND HOURS OF SERVICE – EXAM

Name: _____

Date: _____

Score: _____ /47 (students must score 80% to pass)

EDITION: 2

REVISED: September 6, 2016

1. Fatigue can best be defined as a combination of these four symptoms:

i. _____

ii. _____

iii. _____

iv. _____

/4

2. Name the two types of fatigue:

i. _____

ii. _____

/2

3. _____ fatigue may develop through the accumulation of insufficient sleep and/or rest, with long periods of wakefulness or insufficient rest eventually developing into chronic fatigue.

4. _____, or long-term, fatigue is a result of inadequate sleep across longer periods of time.

5. The human body is programmed to sleep at night and stay awake during the day. This programming is called the _____ and it is regulated by exposure to light and dark and recurs every 24 hours.

- a) Sleep debt
- b) Circadian rhythm
- c) Chronic fatigue
- d) Microsleeps

6. List three factors that cause driver fatigue:

i. _____

ii. _____

iii. _____

/3



7. Fatigue can lead to health and wellness complications that adversely affect driving performance and increase the risk of involvement in vehicle crashes and/or near-crashes?
- a) True
 - b) False
8. People who do not get sufficient daily sleep build a _____ that continues to grow every day they fail to get the daily sleep requirement. Allowing it to increase, also increases drowsiness and decreases alertness.
- a) Chronic fatigue
 - b) Circadian rhythm
 - c) Sleep debt
 - d) Microsleeps
9. REM stands for:
- a) Recurring eye motion
 - b) Rapid eye movement
 - c) Repetitive eye motion
 - d) Restless eye motion
10. The Commercial Vehicle Drivers Hours of Service Regulations define what two critical elements (circle two):
- a) Maximum required off-duty times
 - b) Minimum allowable driving times
 - c) Maximum allowable driving times
 - d) Minimum required off-duty times
11. Who is responsible to prevent fatigue-related incidents involving commercial vehicles?
- a) Motor carriers only
 - b) Driver's only
 - c) Motor carriers and drivers only
 - d) Motor carriers, shippers/consignees, other persons such as safety officers and dispatchers, and drivers

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12. A driver's daily activities can be classified into four categories or "duty statuses". List them:

- i. _____
- ii. _____
- iii. _____
- iv. _____

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13. _____ is any time that a driver spends operating or controlling a commercial vehicle.

14. All drivers that operate or intend to operate a commercial vehicle must fill out a daily log that accounts for all of their on-duty and off-duty time for that day.

- a) True
- b) False

15. A driver is required to submit each completed log to their company within ___ days of being produced.

- a) 20
- b) 30
- c) 60
- d) 75

16. Tampering daily logs includes:

- a) The driver keeping more than one daily log for any day
- b) The driver recording inaccurate information in a daily log
- c) Anyone falsifying, mutilating or defacing a daily log or supporting document
- d) Altering or tampering with original daily logs
- e) All of the above

17. A driver is permitted to use an _____ instead of filling out a logbook.



18. In order to reduce fatigue-related vehicle collisions, the Regulations stipulate three limitations that apply to a driver's time that must be complied with at all times. List them:

i. _____

ii. _____

iii. _____

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19. A driver cannot drive after _____ hours of elapsed time on a work shift:

a) 10

b) 13

c) 14

d) 16

20. When a driver reaches a cycle limit, they must stop driving and can start a new cycle providing they take an extended period of off-duty time that acts as a cycle reset.

a) True

b) False

21. If a driver is operating under Cycle 2 and wants to reset or switch to Cycle 1, how many consecutive hours off must they take in order to do so?

a) 24

b) 36

c) 72

d) 120

22. There are four situations where driving time, on and off-duty time and cycle limitations do not apply. List them:

i. _____

ii. _____

iii. _____

iv. _____

/ 4

23. A driver is considered traveling as a passenger if the company has asked them to travel as a passenger in a commercial vehicle to a destination where they will begin driving:

a) True

b) False



24. A driver may use a commercial vehicle that is loaded with cargo for personal use, and record the time spent driving as off-duty:
- a) True
 - b) False
25. A driver using a commercial vehicle for personal use must not exceed ____ kilometers per day:
- a) 60
 - b) 75
 - c) 100
 - d) 160
26. When operating under the Oil Well Service Vehicle Cycle Exemption Permit, a driver is permitted to use the radius exemption and is not required to fill out a daily log.
- a) True
 - b) False
27. As a driver, violation of the HOS Regulations will appear on your driver's commercial abstract and put you at risk of being subject to an out-of-service declaration.
- a) True
 - b) False
28. If a driver is subject to an out-of-service declaration, they may continue to operate a commercial vehicle until they reach their destination.
- a) True
 - b) False
29. Carriers are liable for the actions of their employees, even if they insist they did not require or allow the violation to occur.
- a) True
 - b) False
30. An inspector can issue an out-of-service declaration to a driver for the following HOS Regulation violations (circle all that apply) :
- a) The driver's faculties are impaired
 - b) The driver fails to comply with driving time or off-duty time requirements
 - c) The driver is able to produce their daily logbook
 - d) The driver mutilates or defaces a daily log

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