



DOWNLOAD



Duration of restart period needed to recycle with optimal performance: phase II

By -

No binding. Book Condition: New. This item is printed on demand. Original publisher: Washington, DC : U. S. Dept. of Transportation, Federal Motor Carrier Safety Administration, 2010 OCLC Number: (OCoLC)740014122 Subject: Automobile drivers -- Fatigue -- Prevention. Excerpt: . . . 1. INTRODUCTION 1. 1 OBJECTIVE The objective of this Phase II project was to determine whether a restart period involving two biological nights of sleep would be more effective in restoring performance in individuals working night shifts under the hours of service regulations (HOS) governing property-carrying commercial motor vehicle (CMV) drivers than the current 34-hour restart provision. Building on the Phase I project, which evaluated the 34-hour restart using two groups of drivers, one operating in the daylight and one at night, this new study with nocturnal duty periods and a restart period that includes two biological nights was undertaken using a within-subjects in-laboratory experimental study design with testing of cognitive performance task and high-fidelity driving simulator performance. 1. 2 BACKGROUND The current FMCSA hours of service regulations for property-carrying CMV drivers prescribe that drivers: 1) may drive 11 hours in a 14-hour window after coming on duty following 10 consecutive hours off duty;...



READ ONLINE
[4.61 MB]

Reviews

This pdf is definitely not easy to get started on studying but quite entertaining to read through. I am quite late in start reading this one, but better then never. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Ms. Fatima Erdman**

A top quality publication as well as the font utilized was fascinating to read. It is among the most incredible pdf i actually have read through. I am easily could get a pleasure of looking at a created publication.

-- **Scot Howe**

See Also



Kindergarten Culture in the Family and Kindergarten; A Complete Sketch of Froebel s System of Early Education, Adapted to American Institutions. for the Use of Mothers and Teachers

Rarebooksclub.com, United States, 2012. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book ***** Print on Demand *****.This historic book may have numerous typos and missing text. Purchasers can download a free scanned copy of the original...



Ready to Race! (Blaze and the Monster Machines)

Random House Books for Young Readers, United States, 2015. Paperback. Book Condition: New. Kevin Kobasic (illustrator). 229 x 142 mm. Language: English . Brand New Book. Blaze and the Monster Machines is an all-new action adventure preschool series from Nickelodeon. This Step...



Things I Remember: Memories of Life During the Great Depression

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 203 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****.Some Americans who were born and raised during the Great Depression, have passed from this life although...



Using Graphic Novels in the Classroom, Grades 4-8

Teacher Created Materials. Paperback / softback. Book Condition: new. BRAND NEW, Using Graphic Novels in the Classroom, Grades 4-8, Melissa Hart, Since todays young readers live in a highly visual world, its no surprise that graphic novels are growing in popularity. With...



Read Write Inc. Phonics: Orange Set 4 Storybook 2 I Think I Want to be a Bee

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 209 x 149 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read Write Inc. Set 1 and 2 sounds....



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...