

Fatigue, distraction and the NHVR 2026 Master Code of Practice



What is the Master Code?

The National Heavy Vehicle Regulator's (NHVR) [2026 Master Code of Practice](#) is an authoritative safety resource designed to guide parties in the Chain of Responsibility (CoR) in managing hazards and risks under the Heavy Vehicle National Law (HVNL).

While still an informative document – not a legislative requirement – the Master Code is widely regarded as the industry benchmark for what “good” looks like in transport safety.

Fatigue & Distraction Detection Technologies

The Master Code now includes Fatigue and Distraction Detection Technologies (FDDT) as a control for fatigue management. While demonstrating the industry's recognition of technology's role in addressing major crash risks, it also provides fleets with:

- **A stronger case for investment:** Safety leaders can now align Guardian directly with Master Code guidance, strengthening internal business cases and helping secure budget approval.
- **A defensible position under the Primary Duty:** Using recognised, effective controls help to demonstrate that a fleet has taken reasonably practicable steps to manage fatigue and distraction risks.
- **A way to exceed customer and insurer expectations:** Increasingly, tenders and insurer assessments look for evidence of best-practice fatigue management. Guardian provides measurable, trackable proof.

See also NHVR's [FDDT good practice guidance](#) material

What Guardian offers fleets

- **Early drowsiness and advanced distraction detection** underpinned by decades of Human Factors research
- **Effective intervention** combining real-time alerts with 24/7 monitoring and analysis
- **Data-driven safety** through valuable information and rich insights

Shifting from reactive to proactive

Among the information about FDDT in *Control 13.21* is a line that deserves particular focus:

“FDDTs are a reactive rather than predictive tool.”

This accurately describes many traditional systems, which only alert once a driver is already drifting or showing late-stage signs of fatigue like microsleep.

Guardian is different.

Powered by Human Factors science and real-world driving data, Guardian continuously evaluates a driver's alertness against the Karolinska Sleepiness Scale (KSS). If emerging drowsiness is detected, the system immediately alerts the driver so they can act before fatigue escalates.

With Europe already mandating this capability, the Master Code creates a clear opportunity for forward-thinking Australian fleets to invest, demonstrate reasonably practicable risk reduction, and lead the way in modern safety management.

Read more in this article: [What the NHVR 2026 Master Code means for fatigue and distraction](#)



Automotive-grade: powered by the technology used by leading brands, in millions of vehicles globally



Proven: scientifically proven to reduce fatigue-related driving events by over 90%



Trusted: implemented by 1,100+ transport and logistics organisations worldwide