

FATIGUE AND ROAD SAFETY

Fatigue is a lack of mental alertness, or drowsiness, arising from lack of sleep

REDUCES ALERTNESS

S L O W S REACTION TIMES

DECREASES AWARENESS OF HAZARDS



MORE LIKELY TO BE INVOLVED IN A ROAD CRASH

50 million people injured



1.35 million people dead

globally per year due to road crashes



17 HOURS AWAKE

is equivalent to a blood alcohol content of **0.05%**



1 in 5

FATAL AND SERIOUS ROAD CRASHES DUE TO FATIGUE

TAKE A BREAK

DO NOT BE TEMPTED TO KEEP DRIVING TO REACH YOUR DESTINATION.

Park somewhere safe, drink **1 OR 2 CUPS OF COFFEE**, set an alarm for 20 mins and take a nap.



ON WAKING, WALK AROUND OUTSIDE FOR 10 MINS TO

WAKE UP PROPERLY BEFORE SETTING OFF AGAIN.

For the next hour or two, you should benefit from the alerting effects of both the caffeine and the nap

- Yawning or rubbing your eyes?
- Blinking frequently, with heavy eyelids, and difficulty focusing?
- Trouble keeping your head up?
- Drifting from your lane, or hitting rumble strips?
- Changing speed randomly?



YOU'RE ALREADY FATIGUED



THE **ONLY CURE** FOR FATIGUE IS **SLEEP**