

FATIGUE

WAKE UP to the DANGER TIRED DRIVERS KILL

Fatigue affects your driving skills and your reaction time making you more likely to crash.

Here are some simple rules for when you are planning a trip:

- have plenty of sleep before you drive
- avoid setting out on a long journey after having worked a full day
- try not to drive when you would normally be asleep (early morning and late at night)
- take regular breaks, and if you feel sleepy take a 'power nap' of no more than 20 minutes
- share the driving where possible
- snack on light fresh foods and keep hydrated with water during the trip
- if you are taking any medication, check whether it causes drowsiness
- use the air conditioning in your vehicle and ensure it is turned to the outside airflow.



CALCULATE YOUR FATIGUE RATING BEFORE DRIVING

RISK FACTORS

ADD

Slept less than 6 hrs in past 24 hrs	3
Slept less than 14 hrs in past 48 hrs	2
Been awake for more than 16 hrs	3
Worked night shift in the last 3 days	2
Have a sleep disorder	3
Driving between 2pm and 5pm	1
Driving between midnight and 6am	3
Had any alcohol in the last 2 hrs	2
Driven for more than 5 hrs without a break OR	2
Driven for more than 8 hrs without a break	3

YOUR TOTAL

What is your CRASH RISK?

CAUTION

If you score 4

You may be driving tired more often than you realise which would make you a significant road hazard.

WARNING!

If you score 5 - 7

You are at high risk of having a crash. Avoid driving. Have a power nap.

DANGER!

If you score 8 or more

You are an extreme driving risk/hazard on the road.

You should NOT be driving! Ignore all other factors.

You need at least 8 hours sleep before you drive again.

TIRED DRIVERS KILL

*The only solution to combat fatigue
is to get good, quality sleep.*