

Not drunk, not speeding, just tired.

Calculate your risk of driving when tired!

RISK FACTORS	ADD	WHAT IS YOUR CRASH RISK?
Slept less than 6 hrs in the past 24 hrs	3	CAUTION If you score 4 You may be driving tired more often than you realise which would make you a significant road hazard .
Slept less than 14 hrs in the 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. e.g. insomnia	3	WARNING If you score 5-7 You are at a high risk of having a crash. Avoid driving . Have a power nap.
Driving between 2pm and 5pm	1	
Driving between midnight and 6am	3	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.
Had any alcohol in the last 2 hrs	2	
Driven for more than 5 hrs without a break OR Driven for more than 8 hrs without a break	2	
	3	
YOUR TOTAL		



Fatigue is tiredness, weariness or exhaustion. You can be fatigued enough for it to impair your driving long before you 'nod off' at the wheel. You may think you can push through drowsiness, but the fact is, you can't. If you're too tired to continue, never try to push through. It's not worth the risk to yourself or others on the road. Tired drivers are dangerous.