

SAFETY ALERT



TITLE: Driving and Fatigue

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Background

Driver fatigue is one of the top three causes of road fatalities. Research has shown that fatigue can be as dangerous as drink driving. Fatigue related crashes can happen on any trip no matter how long or short or what time of day. It's important to think about how tired you are before driving, recognise the early warning signs and know what to do to avoid driving tired.

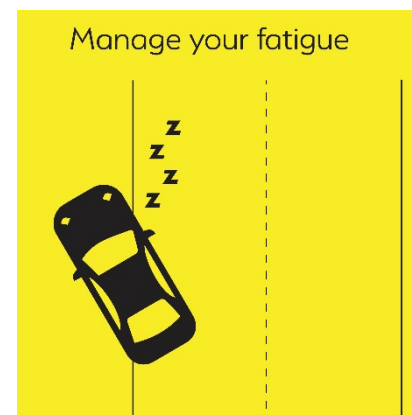
Warning signs

The best way to avoid driving tired is to make sure you have enough sleep, regardless of the length of your trip. Drivers can avoid fatigue related crashes by recognising the early warning signs:

- Sore or heavy eyes
- Trouble concentrating and lack of alertness
- Slow reaction times
- Vehicle drifting over lanes
- Driving speed creeps up or down

Before you drive

- Get a good night's sleep
- Avoid driving at night when your body will naturally want to sleep
- Arrange to share the driving
- Avoid long drives after work
- Plan to take regular breaks from driving (at least every 2 hours)
- Catch a cab or public transport instead
- Ask someone for a lift
- Find out if any medicine you are taking may affect your driving
- Reconsider the need to drive - substitute a face-to-face meeting with phone or video call



If you feel tired when driving:

- Pull over for a break in a safe place
- Pull over for a power nap (20 minutes works best)
- Swap drivers if you can
- Stop for a coffee, limits on the daily consumption of caffeine are recommended