

You should look out for these signs when driving.

- Heavy eyelids
- Frequent yawning
- Drifting vehicle
- Varying vehicle speeds
- Misjudging traffic situations
- Feeling fidgety or irritable
- Daydreaming
- Delayed reactions
- ◆ Seeing things that really aren't there

What can you do to prevent your own driver fatigue?

- Get plenty of sleep
- Avoid driving between midnight and 6:00 am
- Avoid the 2:00 pm slump
- Avoid sedative medications while driving
- Seek treatment for sleep disorders
- Do not drink and drive
- Once drowsy, pull over and stop driving
- Consume caffeine if you are drowsy and need to continue driving
- Reduce stress to increase successful sleep habits
- Take a nap
- Take frequent breaks while driving
- ◆ Know the symptoms of drowsy driving



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Driver Fatigue

FATIGUE AND INATTENTION HAS RESULTED IN A SPIKE OF SEMI-TRUCK COLLISIONS. THIS BROCHURE WILL PROVIDE YOU WITH THE TOOLS YOU NEED TO KEEP YOU SAFE WHILE DRIVING



In the USA a series of studies by the National Transportation Safety Board (NTSB) have pointed to the significance of sleepiness as a factor in accidents involving heavy vehicles.

The NTSB study indicated that 52 % of 107 single-vehicle accidents involving heavy trucks were fatigue-related; in nearly 18% of the cases, the driver admitted to falling asleep. The US Department of Transportation's investigations into fatigue in the 1990s, showed that an estimate of 30% of fatal accidents were fatigue related. Research shows that driver fatigue is a significant factor in approximately 20% of commercial road transport crashes and over 50% of long haul drivers have fallen asleep at the wheel.

Recently the National Highway Traffic Safety Administration (NHTSA) estimate that there are 56,000 sleep related road crashes annually in the USA, resulting in 40,000 injuries and 1,550 fatalities.


You Snooze You Lose
Don't Drive Drowsy



Practice Defensive Driving

Learn to drive defensively. There are certain driving techniques that can minimize the risk of an accident such as carefully observing the driving patterns and habits of those around you.

Drivers should watch for:

- Swerving
- Excessive speed
- Wandering over the center line
- ◆ Slowing unnecessarily

Drivers should also:

- Assess other drivers
- Anticipate the drivers' moves
- Leave yourself room for error
- ◆ Know when driver fatigue occurs and avoid driving during those times

According to SmartMotorist.com driver fatigue and drowsy driving often occur:

- In the early morning hours (late night driving)
- In the afternoon
- ◆ On long monotonous roads

