Wake up to the signs of driver fatigue

Fatigue creeps up on drivers. Ignoring your body’s physical warning signs can result in a crash. It is vital that you are alert at all times no matter how short the trip.

Knowing your body’s warning signs and planning your trip are the keys to your safety and survival on the road.

Driving at times when you are normally sleeping is particularly dangerous.

**Peak times for fatigue crashes 2pm – 4pm and 10pm – 6am**

**Danger signs**
- your car wanders across the road
- fumbling gear changes
- daydreaming
- unintentional increases or decreases in speed
- sore or ‘heavy’ eyes
- dim or fuzzy vision
- general tiredness
- stiffness and cramps
- aches and pains
- seeing things
- droning and humming in ears
- delayed reactions.

**How do you prevent driving tired?**
- Take regular breaks from the wheel – at least 15 minutes every two hours is recommended.
- Pull into rest areas, tourist spots and Driver Reviver stops frequently.
- Avoid alcohol before and during the trip.
- Check medications with your doctor (in case they make you drowsy).
- Eat properly – not too little, not too much.
- Sleep – get plenty before your trip.
- Don’t drive for more than ten hours in a day.
- Share the driving – stop and swap drivers.
- Plan ahead – arrange stops and rest overnight.
- As soon as you feel tired, stop and rest to prevent driving tired.

Caffeine, fresh air and loud music won’t stop you from being tired when you are driving. The only cure is to stop driving and rest.

**Crashes are caused by deliberate actions of road users.**
**It’s all about choices!**