

## RESOLVING FATIGUE:

Get sufficient sleep. Most people need 7-8 hours of sleep per night. If you get less than 5 hours you will build up sleep deprivation.

## IF YOU EXPERIENCE FATIGUE WHILE DRIVING:

1

### STOP

Pull over in a safe location.

2

### REVIVE/REFRESH

Have a 15-20 minute nap or if possible call someone to come and pick you up.

3

### SURVIVE

Continue driving only until you reach a place where you can have a proper sleep in a safe rest area.

If your trip is work related, you may need to advise your supervisor or manager of the delay.

## WHAT DOES NOT RESOLVE FATIGUE:

- Washing your face **WILL NOT** keep you awake
- Cold air on your face **WILL NOT** keep you awake
- Listening to the radio **WILL NOT** keep you awake
- Chewing gum **WILL NOT** keep you awake
- Stretching your arms or legs **WILL NOT** keep you awake
- **Willpower WILL NOT keep you awake**

## HIGH RISK TIMES:

Most fatigue related crashes happen during the following times:

1. 10.00pm – 6.00am or
2. 1.00pm – 3.00pm

Fatigue occurs more frequently when the body clock is programmed for sleep. Crucial problem times are between 2am and 5am and around 2pm in the afternoon.

Remember once fatigue has set in, the **ONLY ANSWER** is sleep and you should stop for a short nap, change drivers or change your arrival time.

**BETTER LATE THAN NEVER.**



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**DRIVER FATIGUE**  
wake up to the signs

**STOP,  
REVIVE,  
SURVIVE.**

# FATIGUE:

Fatigue is a general term commonly used to describe the experience of being 'sleepy', 'tired' or 'exhausted'.

When people are tired they can make mistakes and put themselves and others at risk.

## WHY IS FATIGUE AN ISSUE ON OUR ROADS?

Driver fatigue can seriously impair judgment and can affect anyone, even those that drive for a living or who feel they are capable of normal activity after minimal sleep. It is particularly dangerous because one of the symptoms of fatigue is a decreased ability to judge our own level of tiredness.

Fatigue is a more common factor in road traffic crashes than drugs or alcohol. Globally, it is estimated that fatigue driving is responsible for 20% of all road traffic fatalities.

## WHAT CAUSES FATIGUE?

Not enough quality sleep is the main reason someone will suffer fatigue. This can be either short term (less than 5 hours sleep in the last 24 hours) or long term lack of sleep (less than 12 hours sleep in the last 48 hours or less than 50 hours in the preceding week).

Other factors that contribute to fatigue include:

- Starting work very early in the morning or late at night
- Eating patterns
- Physical or mental demands
- Commitments to family/personal life
- General health and fitness

## FATIGUE INDICATORS TO LOOK FOR:

### DO YOU....

	YES	NO
Blink frequently	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty keeping your eyes open	<input type="checkbox"/>	<input type="checkbox"/>
Close your eyes longer than normal when blinking	<input type="checkbox"/>	<input type="checkbox"/>
Have trouble focussing	<input type="checkbox"/>	<input type="checkbox"/>
Continually rub your eyes	<input type="checkbox"/>	<input type="checkbox"/>
View objects as animals or people	<input type="checkbox"/>	<input type="checkbox"/>
Feel your eyes are strained	<input type="checkbox"/>	<input type="checkbox"/>

### DO YOU....

Feel restless or irritable	<input type="checkbox"/>	<input type="checkbox"/>
Daydream	<input type="checkbox"/>	<input type="checkbox"/>
Have disconnected thoughts	<input type="checkbox"/>	<input type="checkbox"/>
Feel like you can't remember the last few kms	<input type="checkbox"/>	<input type="checkbox"/>
Feel your reaction times have slowed	<input type="checkbox"/>	<input type="checkbox"/>

### ARE YOU HAVING ISSUES WITH....

	YES	NO
Keeping your head up	<input type="checkbox"/>	<input type="checkbox"/>
Making gear changes	<input type="checkbox"/>	<input type="checkbox"/>
Needing to stretch your legs or arms	<input type="checkbox"/>	<input type="checkbox"/>
Aches, pains or cramp	<input type="checkbox"/>	<input type="checkbox"/>
A drone or humming in your ears	<input type="checkbox"/>	<input type="checkbox"/>
Continuous yawning	<input type="checkbox"/>	<input type="checkbox"/>
Feeling generally tired	<input type="checkbox"/>	<input type="checkbox"/>

### ARE YOU....

Unintentionally changing speed	<input type="checkbox"/>	<input type="checkbox"/>
Braking too late	<input type="checkbox"/>	<input type="checkbox"/>
Jerking the vehicle	<input type="checkbox"/>	<input type="checkbox"/>
Tailgating other vehicles	<input type="checkbox"/>	<input type="checkbox"/>
Missing road signs	<input type="checkbox"/>	<input type="checkbox"/>
Drifting over the centreline or edge of the road	<input type="checkbox"/>	<input type="checkbox"/>

**IF YOU ANSWERED YES TO ANY OF THESE, YOU MAY BE IN THE "FATIGUE DANGER ZONE."  
STOP BEFORE YOU ARE TOO TIRED TO MAKE SAFE CHOICES.**