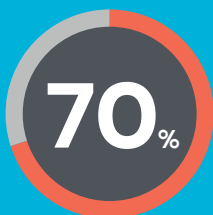
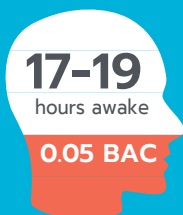


DON'T TRUST YOUR TIRED SELF

FATIGUE FAST FACTS



70 per cent of serious crashes involve fatigue



17-19 hours awake is equivalent to 0.05 BAC (reaction time)



7-8 hours of sleep per night to avoid fatigued driving

110



152.78m

is the distance travelled at 110km/h during a 5-second micro sleep



WARNING SIGNS



Wandering thoughts



Yawning

Slowing unintentionally



Blinking more



Trouble keeping head up



Forget driving last few kms

TIPS TO AVOID DRIVER FATIGUE



Get plenty of sleep the night before driving

Avoid long hours of driving, particularly after work or at night



Swap drivers regularly where possible

Make regular stops at least every two hours



Keep hydrated by drinking water regularly

Get out of the car when stopping for food or drinks



Pull over and have a power nap (no more than 20 minutes)

KEEP & RE-USE YOUR TRAVEL MUG, BUT REMEMBER, CAFFEINE IS A SHORT-TERM REMEDY.

THERE IS ONLY ONE WAY TO PREVENT FATIGUE, AND THAT IS TO GET ENOUGH SLEEP.



PARTICIPATE & YOU COULD WIN!

Please consider participating in our survey to help us better understand your knowledge and attitude towards driver fatigue.

Participants that complete both the pre and post survey will go into the draw to win one of two \$100 vouchers from the Bunbury Farmers Market drawn just before Christmas.

For entry details, scan the QR code or visit surveymonkey.com/r/swdriverfatigue.

