

Fatigue



Why this is a Road Safety Issue:

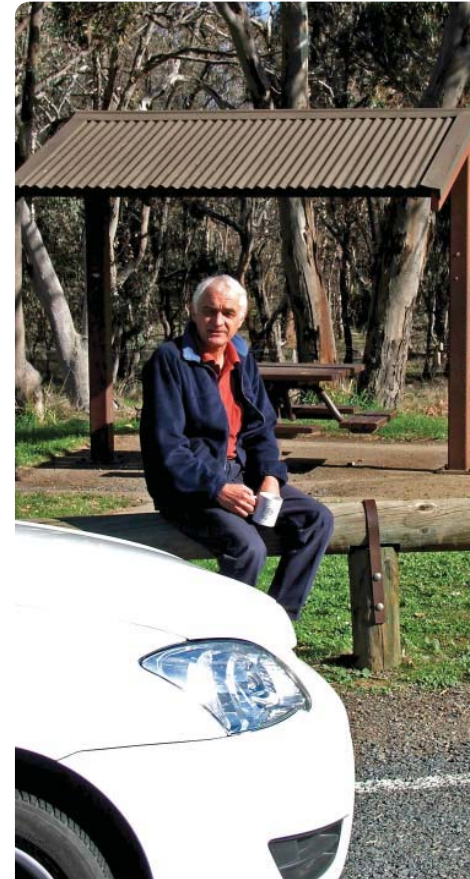
- ▶ Fatigue is a known contributing factor to road crashes.
- ▶ Recent research has found that 8% of ACT drivers and riders involved in interstate crashes were fatigued.

What the ACT Government is doing:

- ▶ Implementing awareness campaigns to encourage all road users to understand the risks of fatigue.
- ▶ Promoting the use of Driver Reviver and interstate Rest Stops.
- ▶ Supporting interstate fatigue campaigns over peak holiday periods.

What You Can Do:

- ▶ Plan your journey and prepare with a good night's rest.
- ▶ Take a break every two hours of driving, and keep in mind that leaving after work may mean that you are already tired when you begin your journey.
- ▶ If possible share your driving with someone else on long trips so that there is an opportunity to get some rest.
- ▶ If you start feeling drowsy or experience regular yawning and tired eyes, take a break. Twenty minutes naptime will be far better than “pushing on”.
- ▶ There is no substitute for sleep – coffee and energy drinks have only a short term effect.



‘Road Safety – It’s Everyone’s Responsibility’