

DRIVER FATIGUE

In 2018
fatigue
crashes
resulted in

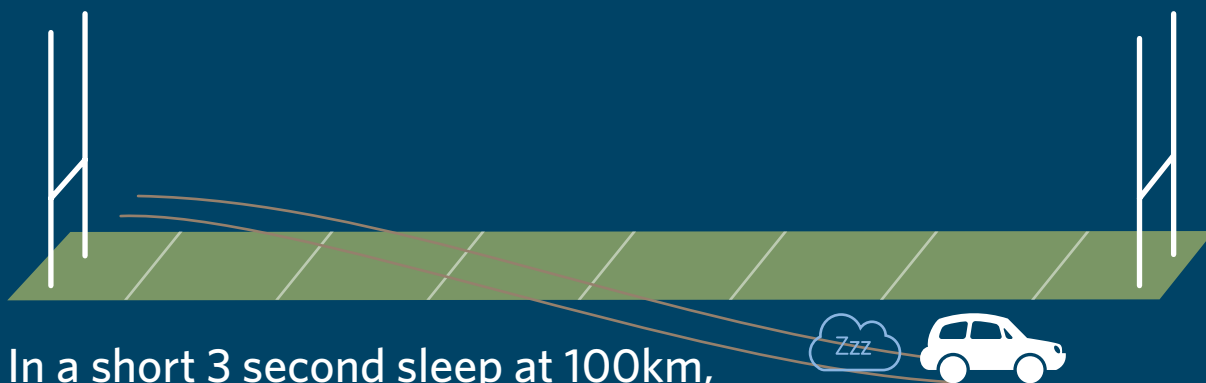
27
DEATHS



137
SERIOUS INJURIES



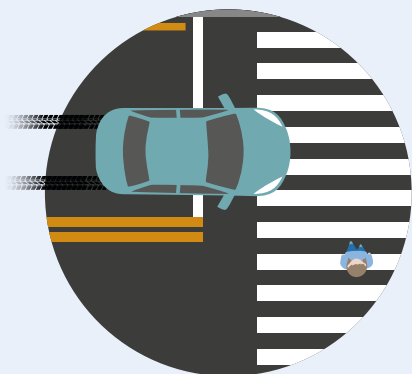
If you're feeling drowsy, you may drift in and out of sleep.



In a short 3 second sleep at 100km,
you can travel the length of a rugby field

WITHOUT KNOWING IT

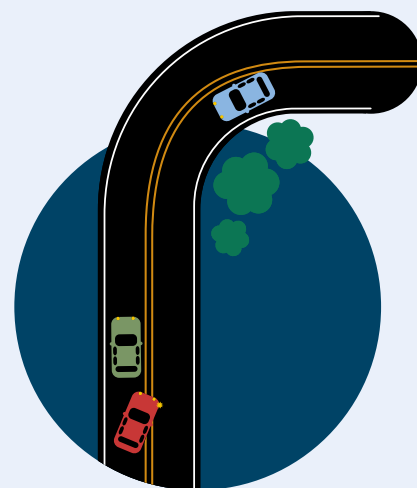
HOW IT AFFECTS YOU



SLOWER REACTIONS



DIFFICULTY CONCENTRATING



POOR RISK JUDGEMENT

DRIVER FATIGUE

Being tired makes you more prone to mistakes.

Tiredness related collisions are

3 TIMES MORE LIKELY

to result in death or serious injury

Take a break

55%

of New Zealanders say they never wake up feeling refreshed



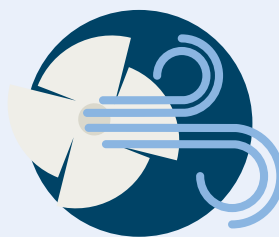
Most people need a minimum of **SEVEN TO EIGHT** hours sleep every night

We feel most sleepy between **3–5am** and between **3–5pm**

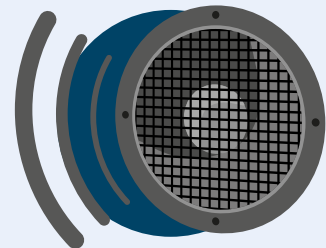
COMMON MYTHS



COFFEE



FRESH AIR



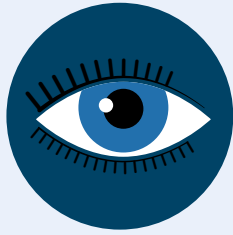
MUSIC

These only help with fatigue short-term. Stopping and getting a good night's sleep is the only cure.

WARNING SIGNS



RESTLESSNESS



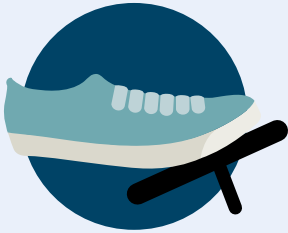
BLINKING FREQUENTLY



YAWNING



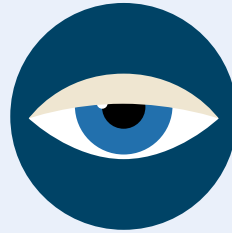
EXCESSIVE SPEED CHANGES



BRAKING TOO LATE



FORGETTING LAST KMS



DROWSINESS



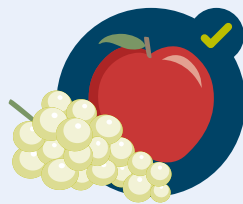
CENTRE-LINE DRIFT

MINIMISE RISK



PRIORITISE SLEEP

Make sure you get enough sleep regularly.



SNACK LIGHTLY

Choose light, fresh foods. Avoid fatty, sugary or carbohydrate-filled options.



TAKE A BREAK

Take a break from driving at least every two hours.



POWER NAP

Nap for no more than 20 minutes for best effect.



DRIVE AT NATURAL TIMES

Drive during times that you're usually awake.



STAY HYDRATED

Drinking water helps keep you alert.



CHECK YOUR MEDICATION

Be sure they won't affect your alertness on the road.



SHARE THE DRIVING

Swap drivers if possible.



AVOID ALCOHOL

Any alcohol at all will increase your risk, so avoid it.