

Driver Fatigue

Signs & Prevention



**NOT DRUNK.
NOT SPEEDING.
JUST TIRED !!!**



Some signs of driver fatigue :

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| <ul style="list-style-type: none"> • Heavy eyelids • Red eyes • Slower reaction • Poor memory | <ul style="list-style-type: none"> • Frequent yawning • Nodding off at the wheel • Tailgating | <ul style="list-style-type: none"> • Day dreaming • Misjudging traffic situations • Drifting vehicle |
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Preventing driver fatigue :

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| <ul style="list-style-type: none"> • Get sleep(average 8-10 hrs) • Stick to stipulated driver rest periods • Take NO sedative medications | <ul style="list-style-type: none"> • Eat well and keep fit • Seek treatment for sleep disorders |
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What to do when you detect signs of fatigue:

- Don't fight fatigue, pull over at a safe parking place.
- Don't drive tired, take a break.
- Inform dispatcher of new estimated time of arrival.