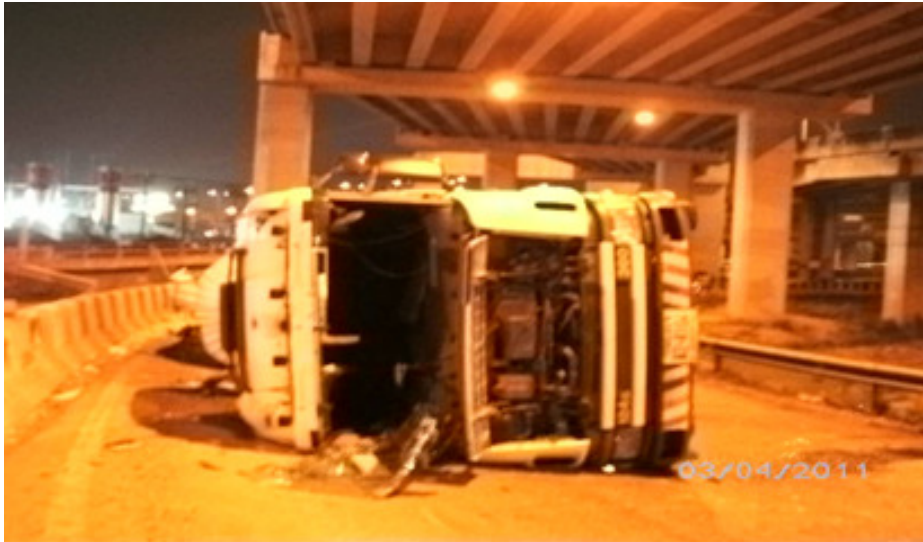


Driver Fatigue

Signs & Prevention



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



Some signs of driver fatigue :

- | | | |
|--|--|---|
| <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 |
|--|--|---|

Preventing driver fatigue :

- | | |
|--|--|
| <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 |
|--|--|

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.