

# Fatigue on the Roadways – Picture This



# 5 TIPS FOR AVOIDING DRIVER FATIGUE

One of the most common causes of vehicle accidents is driver fatigue. We've come up with five tips to ensure you don't drive tired.



## 1. Take regular breaks

As a general rule, take a 20 minute break for every two or three hours you're on the road. Get out of your cab, stretch your legs and drink some water.



## 2. Stay away from huge meals

Try and eat light meals while you're on the road. A heavy meal will just make you feel sleepy, so you don't want to eat a large dish of food because it'll just make you feel like nodding off.



## 3. Take advantage of rest stops

Throughout Australia there are a number of rest stops on the side of the road, and you should take advantage of these if you're feeling tired.

## 4. Drink coffee when you can

A cup or two of coffee a day isn't harmful (unless otherwise directed by your doctor) and it can help you to stay awake.



## 5. Regulate your driving

Regulate your driving by making sure you don't drive for more than 10 hours a day. Any longer than this and you'll certainly start to feel drowsy.

