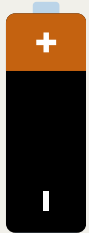




FATIGUE BEHIND THE WHEEL

Bank or Battery?



Some people believe that sleep works like a bank where you can store it, therefore getting extra sleep one night will mean that they won't need as much another.

However, sleep is actually like a battery. No matter how long you let it charge, once it's full, it's full, you cannot expand its capacity.

TOP FATIGUE CONTRIBUTORS



Dietary habits



Dehydration



Lack/Excessive of physical activity



Alcohol or drug use



Poor posture



Stress



Irregular breaks



Poor sleep habits

THE FACTS

- Fatigue-related crashes are **2x** as likely to be fatal.
- You are **4x** more likely to have a fatal crash between 10 pm and dawn.
- **79%** of all fatigue crashes occur on country roads.
- An adult needs between **7-10hrs** of sleep a night.

"I'm not tired"

Research has shown that being awake for 17 hours can have the same effect as having a Blood Alcohol concentration of 0.05.

It contributes to brain fog, slower reaction times, increases risks of microsleeps, and, at times, can impair vision.



Ways to prevent fatigue

- Eating appropriately
- Staying hydrated
- Having the car seat set correctly
- Physical activity
- Taking at least 15min breaks every 2hrs of driving
- Getting at least 7hrs sleep
- Avoid consuming depressant substances (e.g. alcohol)
- Don't drive at times you would typically sleep
- Don't travel for more than 10hrs in a day
- Don't drive after having been awake for more than 17 consecutive hours