



HEALTHY DRIVER FATIGUE MANAGEMENT

Fatigue is one of the biggest killers on our roads and is estimated to account for more deaths than drink driving.

5 THINGS THAT INFLUENCE YOUR CONDITION

1 DIET

Ensure that you have had enough to eat and that it will sustain you. Try to avoid foods that will give you a spike of energy but later lead to 'crashing' e.g. high sugar foods.

2 HYDRATION

Dehydration can have many side effects, including fatigue, concentration problems, and inhibited response times.



3 SLEEP

Ensuring that you have had at least 7hrs sleep and take a 15min break at least every 2hrs to help prevent fatigue.



4 POSTURE

Ensuring that your seat is adjusted appropriately for your build enhances control, reduces fatigue, improves comfort, and ensures that the safety features of your vehicle work best for you.

5 PHYSICAL ACTIVITY

Even light physical activity such as a short walk or stretching can help improve blood flow and circulate oxygen throughout your body. This will help reduce risks of fatigue, stiffness in arms and legs, and improve mental clarity.

Fit to drive Checklist

BEFORE GETTING BEHIND THE WHEEL, ASK YOURSELF...

- ☐ Have I eaten properly?
- ☐ Am I staying hydrated?
- ☐ Have I had enough sleep?
- ☐ Is my car seat adjusted correctly for me?
- ☐ Have I done some movement today?