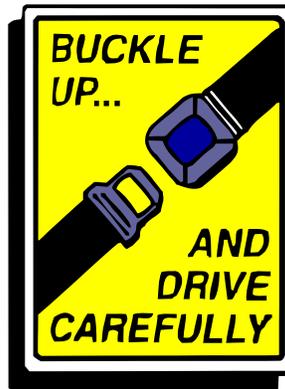


“Driver Fatigue”

Driving is based on 90% visual cues, 13 years, thereafter, your illumination acuity, according to the National Safety



which start to diminish at age 20. Every needs to double to see with the same Council.

Driver Fatigue - Warning Signs

Can't remember the last few miles

Yawn repeatedly

Tailgating or missing signs

Have difficulty focusing or keeping eyes open

Have trouble keeping head up

Drift from lane or jerking car back into lane

Experience wandering or disconnected thoughts

Micro-Sleeps - in 10 seconds a truck, passenger car or school bus can travel 880 feet, the length of three football fields. A micro-sleep is an involuntary reaction by the brain to lack of sleep. The eyes may be open, but the brain is not processing information. Micro-sleeps can last up to 10 seconds. When they occur, no one is driving.

As one becomes fatigued, their performance declines because the brain becomes tired. Decision-making takes longer when fatigued. A tired brain does not function well.

Population Groups at Highest Risk for Driving Fatigue

Although no driver is immune, some broad population groups are at highest risk. These are:

Younger people (ages 16-29), especially males.

Shift workers whose sleep is disrupted by working at night or working in rotational shifts.

People who work long or irregular hours and/or non-traditional work schedules.

People with untreated sleep apnoea syndrome (SAS) and narcolepsy.

Commercial drivers, especially those driving at night.

Persons who have been drinking or have taken certain medications.

All drivers are at risk in certain situations, for example, when driving long distances without rest breaks.

Ways to reduce driver fatigue:

- Get enough sleep.
- Try to avoid driving between midnight and 6 a.m.
- Schedule rest stops at least every two hours.
- Know your limitations.



Remember, safe driving demands your full and undivided attention!