

STOP



REFRESH



GO



Never Drive Tired

Sussex Safer Roads
PARTNERSHIP

STOP If you're on the road and feeling tired, it's already too late.

You'll know you're worn out when you start yawning repeatedly.

Find a service station or rest place to stop at, as soon as possible.

Be aware that natural alertness is low if travelling between midnight and 6am or 2 and 4pm.

Ideally, you should plan your journey. This is so that you can take a **15 minute break at least every two hours.**

Try to get a good night's sleep before going on a long journey.

The biggest risks are when you get up unusually early or have a long drive home after a particularly hard day at work.

REFRESH Do some stretching exercises if safe to do so, or take a short walk. Exercise helps to wake you up, by getting the blood pumping.

Grab a drink. Water is essential for your brain's function. It helps to make you feel more awake.

Eat a small snack. This will help you feel revived.

Have a nap. But take no longer than 20 minutes. This is a refreshing power nap but any more could make you too sleepy to drive safely.

Drink two cups of coffee, if you have no other alternative and only as a short term measure.

Change drivers if possible. A journey shared is a journey halved.

Fatigue collisions can occur amongst people of all ages.

GO Once you've stopped and refreshed, you should be ready to get back behind the wheel.

If you still have far to go, you'll have to **stop again within two hours** (at the maximum) to prevent yourself becoming too tired to drive.

If you've been fatigued and had to take a 20 minute nap, you need to get off the road in the very near future to get a proper sleep.

Just because you've stopped and refreshed doesn't mean that other drivers have.

Be aware afternoons are the peak time in Sussex for fatigue collisions.

If you see anyone who you think might be dozing off at the wheel, stop in a safe location and call the Police.

Remember... Never Drive Tired!

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www.SussexSaferRoads.gov.uk

In Sussex, approximately two-thirds of fatigue related collisions happen in daylight conditions.

- Safer Roads
- Safer Communities
- Sharing the Responsibility