

DRIVER FATIGUE

OVER ►

Driver fatigue is a type of impairment that reduces a driver's ability to identify, process, and correctly respond to driving-related hazards. Transport Canada estimates that about 20% of fatal collisions involve driver fatigue. The Traffic Injury Research Foundation states that fatigue-related road accidents are most common between 3 p.m. to 6 p.m. and from midnight to 7 a.m.

Driver Fatigue Tips

- >> Be aware of the warning signs of driver fatigue.
- >> Know how to manage driver fatigue.



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DRIVER FATIGUE

Be Aware of the Warning Signs of Driver Fatigue

- Blinking or frequent yawning.
- Closing eyes for a moment.
- Blurry vision or losing visual focus.
- Unintentional reduction in speed.
- Braking at last moment.
- Drifting across lanes, or onto the edge of the road.
- Not being able to recall driving the last few kilometers

Know How to Manage Driver Fatigue

- Get a good night's sleep, prior to long road trips.
- Share the driving with another passenger.
- Take regular rest stops, to stretch and get some fresh air.
- Stay hydrated, drink water.
- Eat light meals or fruit throughout the journey.
- If you feel tired, pull over somewhere safe. Take a 20-40 minute nap.
- Keep the temperature in the vehicle cooler. Too much heat can make you feel tired.
- Watch out for medications that may cause drowsiness.
- Spread long trips over several days. Stop, get a room, and get a good night's sleep.