

ARE YOU DRIVING DEAD TIRED?

Every year, more than 400 Canadians die because of drowsy or tired drivers. Fatigue can impair your ability to drive as much as alcohol or drugs.

RECOGNIZE THE SIGNS OF FATIGUE:

- loss of concentration
- drowsiness
- yawning
- slow reactions
- sore or tired eyes
- boredom
- irritability
- missing road signs
- drifting out of your lane
- nodding off

There are many factors that contribute to fatigue when driving. Perhaps you didn't sleep well the night before, or you never get enough sleep. Maybe you have a sleep disorder of which you're not aware. Even if you've had plenty of sleep, you may be driving for too long or at times when your body wants to sleep.

DON'T DRIVE TIRED:

- Avoid driving between 1 AM and 7 AM.
- Sleep over, or call a taxi.
- When driving long distances, take frequent breaks.
- If you notice you're tired, pull off the road to a safe spot and have a nap.

***IF YOU'RE DRIVING TIRED,
YOU'RE DRIVING IMPAIRED.***

Learn more at www.fatigueimpairment.ca.

highway safety roundtable
& fatigue impairment