

Fatigue is caused by exertion or lack of adequate sleep. Driving while fatigued can have dangerous and far-reaching safety consequences for the driver and other road users.

### FAST FACTS

Fatigue is a cause of up to 30 per cent of deaths on Australian roads (source: Australian Transport Safety Bureau)

One in 10 Australians (13 per cent) said fatigue contributed to a crash in which they were involved (source: 2007 AAMI Crash/Young Drivers Index)

### ATTITUDES

- One-third of drivers (31 per cent) say that if they are tired while driving, they are unlikely to stop for a power nap (source: 2007 AAMI Crash/Young Drivers Index)
- One in 10 people (10 per cent) says they will drive for four or more hours without having a break. This is even higher for men aged 35-54: one fifth (20 per cent) are willing to do so (source: 2007 AAMI Crash/Young Drivers Index)

### BEHAVIOUR

- One in four drivers (26 per cent) says they have momentarily fallen asleep at the wheel while driving (source: 2007 AAMI Crash/Young Drivers Index)
- Two thirds of drivers nationally (62 per cent) have used a Driver Reviver site (source: 2007 AAMI Crash/Young Drivers Index)
- More than half of drivers nationally (69 per cent) have avoided driving during holiday periods (source: 2007 AAMI Crash/Young Drivers Index)

### TEN TIPS FOR AVOIDING FATIGUE

- 1** Avoid beginning a trip at the end of a day's work
- 2** Ensure you have adequate sleep and are well-rested the night before you set out
- 3** Don't drive at times when you would normally be asleep e.g. in the early hours of the morning
- 4** Allow plenty of time and schedule regular rest breaks outside the vehicle – 10-15 minutes' rest every 90 minutes
- 5** Share the driving where possible
- 6** Never drink alcohol (not even small quantities) before or during long trips
- 7** Eat proper and well-balanced meals preferably at your normal mealtimes
- 8** Take a power nap if tired – even a short sleep (15 minutes) can significantly reduce your chances of a fatigue-related crash
- 9** Don't drive while taking medication that may affect your driving – check the labels on your medication, and if in doubt, ask your doctor
- 10** Plan not to travel for more than eight-10 hours in any one day.

