

# Ways to avoid Driver Fatigue



**Plan**  
for an overnight  
stay if needed

**Take a break**  
every 200 miles  
to stay focussed

0 0 0 2 0 0



**Stop**  
every two hours  
for rest breaks

**Avoid driving**  
in the small hours  
(2am and 5am)



**Don't drive**  
at times you'd  
usually be asleep

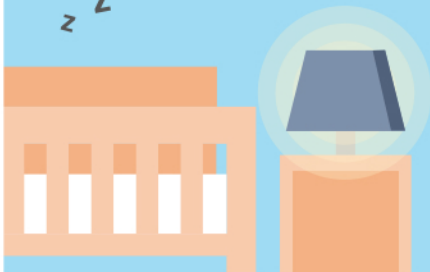
**Rest up**  
and ensure you're  
fit to drive



**Men under 30** have the highest risk of  
falling asleep at the wheel

**20%** of all road crashes are caused by fatigue

**7-9 hours** of sleep is needed for optimal  
performance during the day

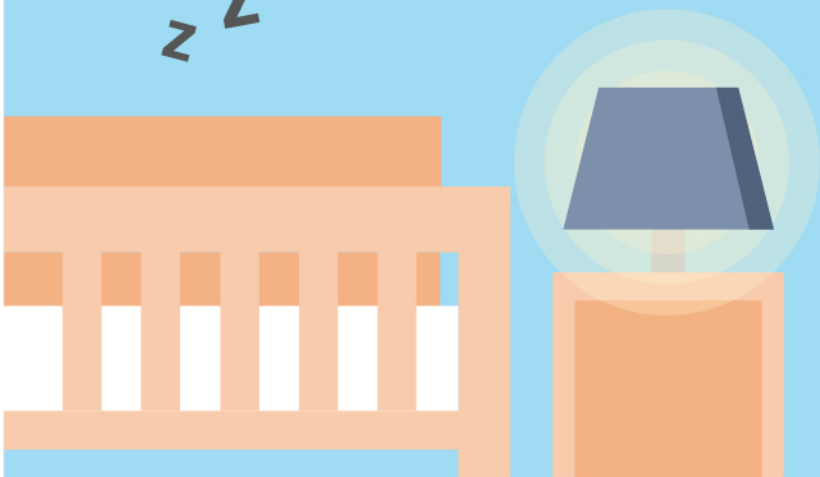


*Driver fatigue is responsible for many thousands of road crashes each year. Make sure you plan breaks during long journeys and are well rested before driving.*

**iam**  
RoadSmart

# Don't Drive Drowsy

z  
z  
z



0 0 0 2 0 0



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