



Wake up to the signs of tiredness



Working with you to reduce casualties

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Falling asleep at the wheel usually results in a serious or fatal collision. Signs such as head nodding forward, yawning or excessive blinking may mean you are at risk of falling asleep while driving.



Before you start your journey:

- Plan your journey to include a 15 minute break every two hours of driving
- Have a good night's sleep before setting out on a long journey
- Be mindful that if you have to get up unusually early to drive, or have a long drive home after a day's work, you increase your risk of falling asleep at the wheel
- Avoid making long journeys between midnight-6am and 2-4pm, when your natural alertness is low
- Be aware that even a small amount of alcohol, some medicines and drugs can make you drowsy, increasing your risk of falling asleep while driving.

Ways to combat driver tiredness:



15 minute break

15 minute break every two hours of driving.



Sleep

Have a good night's sleep before setting out.



Stay hydrated

Drink plenty of water.



Share driving

Swap drivers if possible.

To find out more, please visit our website or call us on 01823 423430



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