

Fatigue on the Roadways – Picture This



5 TIPS FOR AVOIDING DRIVER FATIGUE

NATIONAL
Heavy Haulage

www.nationalheavyhaulage.com.au

One of the most common causes of vehicle accidents is driver fatigue. We've come up with five tips to ensure you don't drive tired.



1. Take regular breaks

As a general rule, take a 20 minute break for every two or three hours you're on the road. Get out of your cab, stretch your legs and drink some water.



2. Stay away from huge meals

Try and eat light meals while you're on the road. A heavy meal will just make you feel sleepy, so you don't want to eat a large dish of food because it'll just make you feel like nodding off.



4. Drink coffee when you can



A cup or two of coffee a day isn't harmful (unless otherwise directed by your doctor) and it can help you to stay awake.



5. Regulate your driving

Regulate your driving by making sure you don't drive for more than 10 hours a day. Any longer than this and you'll certainly start to feel drowsy.



Source: [Slideshare.net](http://www.slideshare.net)