

# Driver Fatigue

## Safety Starts with You

### Problem

- Not enough sleep
- Irregular work/rest schedules
- Night time driving
- Alcohol, drug and medicine consumption
- Highway hypnosis caused by
  - dull landscapes
  - droning of the tires and engine
  - oncoming headlights, trees or poles
  - highway centre lines



### Safety TIPS

### Solution

- Get enough rest.
- Avoid long drives at night.
- Keep the temperatures in your vehicle cool; this helps to keep you awake.
- Do not use cruise control. Keep your body involved with driving.
- Watch your posture. Sit up straight.
- Take frequent breaks to exercise or stretch - it helps fight fatigue.
- Stop for light meals and snacks.
- Wear sunglasses to cut glare during daylight hours.

## Sharing Ontario's Roads Safely



Phone 1-800-263-5016 or visit us on the web: [www.thsao.on.ca](http://www.thsao.on.ca)

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