
Know the risks?

Accidents caused by driver fatigue occur:

- if you've had less sleep than normal,
- on long / monotonous journeys,
- after working long hours,
- when taking certain medicines,
- in the early hours,
- after lunch,
- after drinking alcohol.

Who's at risk?

- young male drivers,
- truck drivers,
- company car drivers.

Strategies for Staying Safe... avoid getting dead tired

Strategy - organise your journey to include a 15-minute break every two hours.

Info - check weather reports and traffic news for possible delays. Plan to stop for the night if necessary.

Energy - do not begin a journey if you are tired. Get a good night's sleep before embarking on a long journey.

Time - try to avoid travelling through the early hours of the morning when your natural alertness is at a minimum.

Signs - recognize them; drowsiness, difficulty focusing, blinking more than normal, yawning, heavy eyelids, rubbing your eyes or your head nods.

Act - if you have symptoms above. Take a break somewhere safe, drink a large coffee and take a nap of at least 15 minutes.



In 2012, DWF was accredited as a top tier legal firm for Transport by Chambers and Legal 500