

You should remember to allocate time in your journey for rest breaks...

### Did you know?

- An estimated 300 people a year are killed where a driver has fallen asleep at the wheel,
- The greatest risk of falling asleep at the wheel is between midnight and 6am and between 2pm and 4pm,
- It can affect any driver, but people who drive as part of their job may be more at risk. About 40% of sleep-related crashes are work-related, in as much as they involve commercial vehicles,
- Alcohol and drugs (including some medicines) can make you more tired without you realising it.

### Tips for drivers

- Plan your journey to include a 15 minute break every two hours of driving,
- Drinking 2 cups of coffee or other high caffeine drink and having a rest to allow time for the caffeine to kick in are effective methods of combating tiredness,
- Share the driving if possible,
- If you start to feel sleepy find a safe place to stop (not the hard shoulder of a motorway) as soon as possible.

**DRIVERS REMEMBER - Make time for a break - TIREDNESS KILLS!**

