

# Driver Fatigue

Fatigue or tiredness is a condition that can affect anyone. Although it is typically associated with long-distance driving, fatigue can occur after a long day at work, an outing at the beach, or virtually any activity. Factors such as changes in diet, emotional stress, illness, or boredom can also cause fatigue. Interestingly, sun glare, a significant factor in eye-strain, can also contribute to fatigue. Driver tiredness is one of the most significant threats to the safety of all road users. Driver tiredness can lead to collisions and crashes.

## Signs of Driver Fatigue

Drivers should look for these signs when driving (long and short). When experiencing any of the fatigue signs, stop as soon as it is safe to do so and rest.

- Continuous yawning
- Slow reactions and trouble concentrating
- Eyes that feel stiff and heavy
- You find you are daydreaming
- You wander over the center line or onto the edge of the road



If you must stop for a rest, stop at a designated rest area or parking lot. Pulling off to the side of the road usually is not advisable to sleep. After you rest, leave the vehicle and walk for a few minutes to be completely awake before you begin to drive again.

## Tips for Drivers



- Avoid driving while feeling exhausted or drowsy, especially during the holy month of Ramadan, when the attentiveness of some motorists drops due to the change in eating and sleeping habits.
- Share the driving - and rest when you are not driving. Plan for long trips so you know where to take a break.
- Take a break at least every 2 hours on long journeys.
- If necessary, plan to stay somewhere overnight if you are going on a long journey.
- Avoid driving when you usually fall asleep (early mornings and late nights).

Please watch this short video about Driver Tiredness, Fatigue and Road Safety (Source: Arrive Alive) <https://youtu.be/fVl88Q5DJ2w>