

FATIGUE

FACTS AT A GLANCE

rsc.wa.gov.au

70%

of serious crashes are caused by symptoms of fatigue

7.5_{hrs}

of sleep per night is recommended to avoid fatigued driving

20_{min}

power nap can refresh a driver and prevent fatigue related crashes

FATIGUE WARNING SIGNS

EARLY WARNING SIGNS



WANDERING
THOUGHTS



MISSING A GEAR



BRAKING LATE

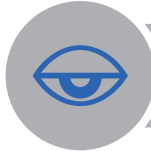


SLOWING
UNINTENTIONALLY

PHYSICAL WARNING SIGNS



YAWNING



BLINKING MORE



FORGET DRIVING
LAST FEW KMS



TROUBLE KEEPING
HEAD UP

EFFECTS OF FATIGUE

17-19

hours awake
is equivalent to

0.05 BAC*
(Reaction time)

24

hours awake
is equivalent to

0.10 BAC*
(Reaction time)

*Blood Alcohol Concentration (BAC)

DANGERS OF MICROSLEEP

When you're driving tired, you can drift in and out of sleep without knowing it. Sleep experts call this a micro-sleep and can last three to five seconds. They are the main cause of fatigue-related crashes. A micro-sleep of five seconds at 110km/h is like travelling the length of an Aussie rules football field with your eyes closed.

70



97.2m



110



152.78m

