

Is your timetable
a killer?



Revive
before
you drive.



An initiative of your local council as part of the Local Government Road Safety Program

Short trip driver fatigue

Driver fatigue, or tiredness, contributes to many hundreds of deaths and injuries on our roads every year. It can be just as deadly as drink driving or excessive speeding.

Fatigue is not just a problem for people taking long trips. Drivers can suffer from fatigue on short trips too.

Stress, study, work, caring for children and broken sleep or too little sleep at night can all drain your energies. This means that you may be tired even before you start driving.

Common symptoms of Driver Fatigue include:

- ⊙ poor concentration
- ⊙ tired or heavy eyes
- ⊙ slow reactions
- ⊙ inability to remember driving the last few kilometres
- ⊙ yawning
- ⊙ restlessness



Myths and facts about short trip driver fatigue

Myth: A cup of coffee or a caffeine drink will keep me awake



Fact: Caffeine is only a short-term solution and will have less and less affect the more often you use it. It might make you feel more alert, but it will not keep you going for long. Drinking a cup of coffee or a caffeine drink is not an effective way to avoid short trip driver fatigue.

Myth: Loud music will keep me awake



Fact: This might help for a very short period of time, but it won't help for long. Loud music might also distract you from the driving task or even send you to sleep! Playing loud music is not an effective way to avoid short trip driver fatigue.

Myth: Fresh air through the window will keep me awake



Fact: This might give you a boost for a short period of time, as might turning the air conditioning on to cold, but it won't help for long. Fresh air is not an effective way to avoid short trip driver fatigue.

Short Trip fatigue - What can you do?

- Be aware of your daily schedule and the demands placed by work and leisure activities.
- Take a break before driving
- Make arrangements to be picked up
- Use available public transport
- Discuss flexible working hours with your employer



Sources:

Fatigue - The Hidden Killer, Australian Transport Safety Bureau
Preventing Driver Fatigue, Roads and Traffic Authority