What the ACT Government is doing

› Implementing awareness campaigns to encourage all road users to understand the risks of fatigue.
› Promoting the use of 'Driver Reviver' and interstate 'Rest Stops'.
› Supporting interstate fatigue campaigns over peak holiday periods.

What You Can Do

› Plan your journey, and prepare with a good night’s rest.
› Take a break after every two hours of driving.
› If possible, share the driving with someone else on long trips so you have the opportunity to get some rest.
› If you start feeling drowsy or experience regular yawning and tired eyes, take a break.
› Keep in mind that leaving after work may mean you are already tired when you begin your journey.
› Remember that coffee and energy drinks have only a short term effect – there is no substitute for sleep.
› If you are fatigued, the only cure is sleep.

To obtain more information on this or other road safety topics visit: www.justice.act.gov.au
The Problem

Fatigue is a major contributing factor to road crashes. Recent research has identified that almost 8% of ACT drivers and riders involved in interstate crashes were fatigued.
Research has also shown that a person driving without sleep for 17 hours would have an effect on their driving ability similar to having an alcohol concentration of 0.05, which is over the legal limit. And driving without sleep for 24 hours would be similar to having an alcohol concentration of 0.10, which is double the legal limit.
Fatigue crashes usually result in serious injury or death as the driver is not able to avoid or prevent the crash.

Factors to Fatigue

Insufficient sleep is the main contributor to fatigue, followed by poor quality sleep, long periods of wakefulness and driving when you would normally be asleep.
Other factors that could contribute to fatigue include stress, illness and poor lifestyle and/or eating habits.

Effects of Fatigue

The effects of fatigue on a driver include:
› Decrease in attentiveness
› Slower reaction times
› Impaired judgement
› High probability of falling asleep
› Unable to perform skilled tasks adequately

Warning Signs of Fatigue

Signs of fatigue include:
› Frequent yawning
› Drifting in the lane and over lane lines
› Changing speed and/or slowing down
› Poor concentration
› Memory lapses
› Delayed reactions
› Boredom and restlessness
› Drowsiness and trouble keeping your head up
› Sore or heavy eyes
› Microsleep – brief sleeps where you remember waking up but don’t remember falling asleep a few seconds ago