

Take a break

Driving tired is a factor in many crashes. When travelling long distances it is vital that you are alert at all times. Watch for signs of fatigue such as drowsiness, aches and pains, tired eyes, and loss of concentration. As soon as you feel tired, stop and rest. Remember, when planning your trip, include rest breaks of at least 15 minutes every two hours.

Avoid driving at fatigue risk times between 2pm and 4pm, and 10pm and 6am.

Before your trip

- Get a good night's sleep before setting off.
- Plan ahead – where and when to stop.
- Check medications with your doctor in case they make you drowsy.

On your trip

- Don't drive for more than 10 hours a day.
- Avoid alcohol altogether if you're driving.
- Share the driving.
- Take regular breaks from the wheel: at least a 15-minute break every two hours.
- Stop in towns, rest areas, tourist spots and Driver Reviver sites.
- As soon as you feel tired, stop and rest.
- It's a myth that drinking coffee and turning up the radio will prevent fatigue. The only thing that helps is a good night's sleep and plenty of breaks from the wheel.



Motorist Rest Areas

REST AREA REFERENCE NO.	NEAREST TOWN	DISTANCE FROM NEAREST TOWN	CONTROLLING AUTH.	MMP	MMP REFERENCE	WATER TOILET	DISABLED TOILET	WATER SUPPLY	BBQ	TABLES	SHELTER	PLAYGROUND
1	Chermside P.O.	2.2kmN	MR	7C	J31							
4	Petrie P.O.	0.6kmS	L	7C	I30							
6	Glasshouse Mtns	4.1kmS	L	7	K22							
7	Landsborough	8.7kmNE	MRF	7B	E31							
10	Yandina	7A	F25									
16	Gympie	6kmS	MR	7	D20							
17	Gunalda	1.6kmN	MR	7	B19							
21	Gin Gin	2.5kmNW	MR	5	I13							
22	Gladstone	24kmS	MR	4	E15							
25	Rockhampton	11.2kmN	MR	5	B13							
27	Calen	19.5kmSE	MR	3	R6							
36	Ingham	11.1kmS	MR	2	G4							
38	Cardwell	21kmN	MR	2	I5							
39	El Arish	1.8kmN	L	2	E4							
40	El Arish	12.4kmN	MR	2	F4							
42	Babinda	1kmS	L	2	D4							
43	Gordonvale	Town	F	2	C3							
46	Barcardine	4.4kmS	MR	1	O9							
49	Charters Towers	89.9kmW	MR	1	L9							
51	Duarlinga	East Side	L	4	D10							
52	Warrill View	1.9kmS	MR	7	S19							
53	Aratula	4.3kmNE	MR	7	T19							
54	Aratula	Town	MR	7	T18							
57	Warwick	47kmE	P	6	T17							
58	Warwick	45.1kmE	P	6	T17							
60	Warwick	North Side	L	6	U16							
62	Inglewood	East Side	L	6	U13							
63	Goondiwindi	North Side	L	6	V10							
64	Goondiwindi	South Side	L	6	V10							
66	Helidon	West Side	MR	6	S16							
67	Miles	0.8kmW	L	6	O10							
68	Miles	21.3kmW	L	6	O9							
71	Roma	5.6kmE	L	1	R12							
72	Mitchell	0.6kmE	L	1	R11							
74	Bundaberg	28kmSW	MR	5	I13							
78	Innistail	36.0kmW	P	2	E3							
79	Innistail	37.5kmW	P	2	E3							
80	Cooyar	Town	L	6	O15							
81	Hampton	East Side	L	6	R16							
82	Toowoomba P.O.	7.2kmN	L	6	R16							
83	Toowoomba P.O.	9.4kmS	S	6	S16							
84	Allora	East Side	L	6	T16							
89	Charleville	1.0kmNE	L	1	R10							
91	Jimboomba	5.9kmNW	MR	7	S23							
92	Jimboomba	11.4kmS	MR	7	T22							
94	Rathdowney	6.0kmN	MR	7	V21							
95	Rathdowney	13.6kmSW	MR	7	W20							
98	Goondiwindi	West Side	S	6	V10							
99	Mareeba	4.0kmE	MR	2	C2							
100	Atherton	0.8kmN	L	2	D2							
101	Atherton	0.5kmS	L	2	D2							
102	Ravenshoe	17.0kmSW	L	2	E2							
104	Kilcoy	0.3kmE	L	7	K19							
105	Nanango	1.2kmN	L	6	O16							
107	Kingaroy	7.1kmSE	MR	6	O16							
108	Gayndah	26.8kmE	MR	5	K12							
109	Gayndah	1.8kmE	L	5	K11							
110	Binjour	5.6kmSE	MR	5	K11							
111	Eidsvold	10.8kmN	MR	5	J10							
112	Monto	18.5kmNW	MR	5	H10							
113	Fernvale	3.1kmNW	L	7	O19							
114	Harlin	Town	L	6	O17							
115	Kilkivan	5.6kmE	MR	6	M17							
116	Kingaroy	9.2kmSW	MR	6	O15							
117	Wondai	North Side	L	6	N16							
124	Normanton	78.3kmS	MR	1	J4							
125	Normanton	36kmS	MR	1	I4							
127	Mt. Molloy	1.2kmN	L	2	B2							
128	Mudgeeraba	10.6kmSW	MR	7D	W29							
129	Buderim	Town	L	7B	C32							
132	Jimboomba	9.7kmE	MR	7	S23							
133	Boonah	18.5kmN	MR	7	S20							
140	Clifton	Town	L	6	T16							
141	Clifton	North Side	L	6	T16							
143	Condamine	70.0kmW	F	1	R13							
146	Esk	26.0kmNE	O	7	L19							
147	Caboorture	0.4kmS	L	7	L22							
148	Hampton	13.9kmNE	P	6	R16							
149	Tingora	19.3kmW	MR	6	N15							
151	Kenilworth	6.5kmN	L	7	G21							
152	Peacherster	Town	L	7	J22							
153	Kenilworth	6.2kmS	L	7	H20							
161	Gordonvale	9.8kmW	L	2	C3							
162	Malanda	4.0kmNE	L	2	D3							
163	Malanda	12.0kmN	P	2	D3							
164	Malanda	1.0kmW	L	2	D3							
165	Mossman	0.8kmN	L	2	A2							
166	Mareeba	2.0kmS	L	2	C2							
167	Mareeba	1.0kmN	L	2	C2							
177	Canungra	19.3kmSE	L	7D	X27							
180	Killarney	6.0kmE	L	6	U17							
181	Killarney	10.4kmE	P	6	U17							
182	Warwick	13.0kmW	W	6	U16							
186	Ravenshoe	5.5kmSW	P	2	E2							
187	Millaa Millaa	7.7kmNE	L	2	D3							
188	Millaa Millaa	2.9kmN	L	2	D3							
189	Tinaroo Falls	2.0kmN	W	2	C2							
191	Babinda	6.5kmW	L	2	A2							
192	Port Douglas	Town	L	2	A4							
193	Mossman	6.7kmN	L	1	H9							
194	Atherton	24.0kmS	P	2	D2							
195	Ravenshoe	0.5kmSE	L	2	E2							
196	Kurrimine	L	2	F4								
197	El Arish	16.0kmE	L	2	F4							
198	Ety Bay	L	2	E4								
199	Mission Beach	5.2kmN	L	2	F4							
200	Mission Beach	2.6kmN	L	2	F4							
202	Warwick	South Side	L	6	U16							
203	Warwick	South Side	L	6	U16							
205	Longreach	4.2kmNW	L	1	O8							
206	Rathdowney	1.0kmS	MR	7	W21							
207	Miriam Vale	35.7kmS	MR	5	H12							
208	Munduberra	2.6kmN	L	5	K10							
210	Mt.Garnet	58.0kmSW	P	1	I18							
211	Condamine	0.5kmE	L	6	P10							
222	Kallangur P.O.	2.1kmW	MR	7C	I30							
223	Killarney	North Side	L	6	U17							
227	Murgon	1.1kmW	L	6	N16							
229	Mission Beach	2.9kmN	L	2	F4							
230	Mission Beach	5.5kmN	L	2	F4							
232	Yungaburra	9.0kmE	P	2	D3							
233	Herberton	0.7kmW	L	2	O2							
235	Millaa Millaa	6.9kmW	L	2	E3							
236	Warwick	1.0kmNE	L	6	U16							
238	St. Lawrence	13.0kmS	MR	3	W8							
239	Toogoolawah	Town	L	6	O17							
240	Moore	Town	L	6	P17							
241	Gatton	East Side	L	6	S17							
242	Gatton	5.5kmW	L	6	S17							
244	Kingaroy	10.0kmSW	MRL	6	O15							
247	Bramston Beach	L	2	D4								
249	Woodford	4.0kmN	MR	7	J21							
250	Killarney	South Side	L	6	U17							
251	Lallangarra	North Side	L	6	W15							
254	Laura	0.9kmN	L	1	G8							
255	Laura	75.0kmNW	L	1	F7							
256	Laura	104.0kmNW	L	1	F7							
257	Coen	1.5kmNW	L	1	E7							
258	Coen	66.0kmNW	L	1	D6							
259	Cooktown	28.0kmSW	L	1	G9							
260	Mossman	14.0kmS	L	2	A2							
262	Chermside P.O.	1.3kmN	L	7C	J31							
263	Capalaba	L	7C	L32								
264	Birkdale	L	7C	L32								
265	Wellington Point	L	7C	L33								
266	Cleveland	3.0kmNW	L	7C	L33							
267	Cleveland Point	L	7C	L34								
268	Cleveland	1.8kmE	L	7C	L34							
269	Victoria Point	2.0kmE	L	7C	M34							
270	Victoria Point	L	7C	M34								
271	Redland Bay	L	7C	M34								
272	Brisbane City Hall	14kmSW	L	7C	L30							
274	Brisbane City Hall	16kmSE	L	7C	L31							