Take a break

Driving tired is a factor in many crashes. When travelling long distances, it is vital that you are alert and awake. Watch for signs of fatigue such as dimmed figurines, tired eyes, and loss of concentration. As soon as you feel tired, take a break. Avoid driving when you feel you are having trouble staying awake.

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

Rest breaks of at least 15 minutes every two hours.

- Stop in towns, rest areas, tourist spots and Driver Reviver sites.
- Share the driving.

Before your trip

- Get a good night’s sleep before setting off.
- Plan ahead – when and where to stop.
- Check your vehicle, especially if you make long stops.

On your trip

- Don’t drive for more than 3 hours at a time.
- 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 you get more tired, stop and rest.

It’s a myth that drinking coffee and running up the radio will prevent fatigue. The only thing they help is a good night’s sleep and plenty of water to go with the coffee.