

Facts about Fatigue

Fatigue could be a factor in up to 20 percent of fatal crashes — make sure you stop, revive, and survive

Fatigue is a silent killer. If you are fatigued, you can have microsleeps – brief periods of sleep which could range from a few seconds to several minutes when you actually lose consciousness. Sometimes you'll be aware that your eyes have closed or your head has nodded but you can have a microsleep and not know about it.

If you have a four-second microsleep while you're travelling at 100 km/h, you'll cover 111 metres – that's more than the length of five cricket pitches – and your car will be completely out of your control.

The best way to prevent driver fatigue is to make sure you have enough sleep before you drive and to take frequent rest breaks while you're travelling. If you can't change drivers, you need to stop for at least ten minutes every two hours and preferably get out of your car.

Roadside rest areas are provided along South Australia's major highways so you'll have somewhere where you can park safely off the main road. The strip maps in this guide show where they can be found. You can also stop at roadhouses and towns along or near the highway.

Enjoy your visit or drive in South Australia but make sure you stop, revive, and survive.



Most rest areas have firm, all weather parking surfaces, picnic seats and rubbish bins — they provide a place to take a break, get out of the car, have something to eat or drink, and dispose of your rubbish. Rest areas are designed to be entered from the same side of the road as you are travelling and usually have a separate exit so you don't have to turn around to get out again.

Some rest areas have additional facilities – such as information boards or drinking water – indicated by symbols.

Some rest areas are not suitable for use by trucks or heavy vehicles – these are indicated by the truck symbol and diagonal bar. Rest areas specifically designed for use by trucks are indicated by the truck symbol and capital P.

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Don't ignore the warning signs –

Yawning • Drowsiness • Head nodding

Eyes drooping or closing

Boredom • Restlessness

Slow reactions • Oversteering

Fatigue crashes can occur at any time of the day

They are most likely to occur if you're driving at times when you would normally be asleep

You are most at risk of a fatigue crash between 4 am and 8 am

A large number of fatigue crashes also occur between 12 noon and 2 pm – just after lunch

Fatigue crashes can also occur on short trips, too – even close to home

Stop. Revive. Survive.

Here are some hints to manage the risks of fatigue

Get a good night's sleep before you start a long trip.

Plan your trip so you're not driving at times when you're normally asleep – don't start too early in the morning and don't start a long trip after a full day's work.

Share the driving wherever possible and don't try to drive too far in one day.

You should plan to take a break at least every two hours. Stop for at least ten minutes and, if you can, get out of the car and move around.

Younger children travelling with you might need a break more often, otherwise they can become restless and distract the driver.

Make sure you get plenty of fresh air. If you're using the heater or air conditioner, shift the air flow control to "fresh air" or open a window every 20 minutes or so.

Children need to be occupied. Look for car games and puzzles in book stores and libraries. If children have CD players, get them to use headphones.



Every effort has been made to ensure that the information in this Roadside Rest Area Guide is complete and accurate at the time of printing. However, if you notice any errors or omissions, or would like to suggest improvements, we would be pleased to receive your feedback for future editions. Please contact the Transport SA Call Centre, telephone 13 10 84.