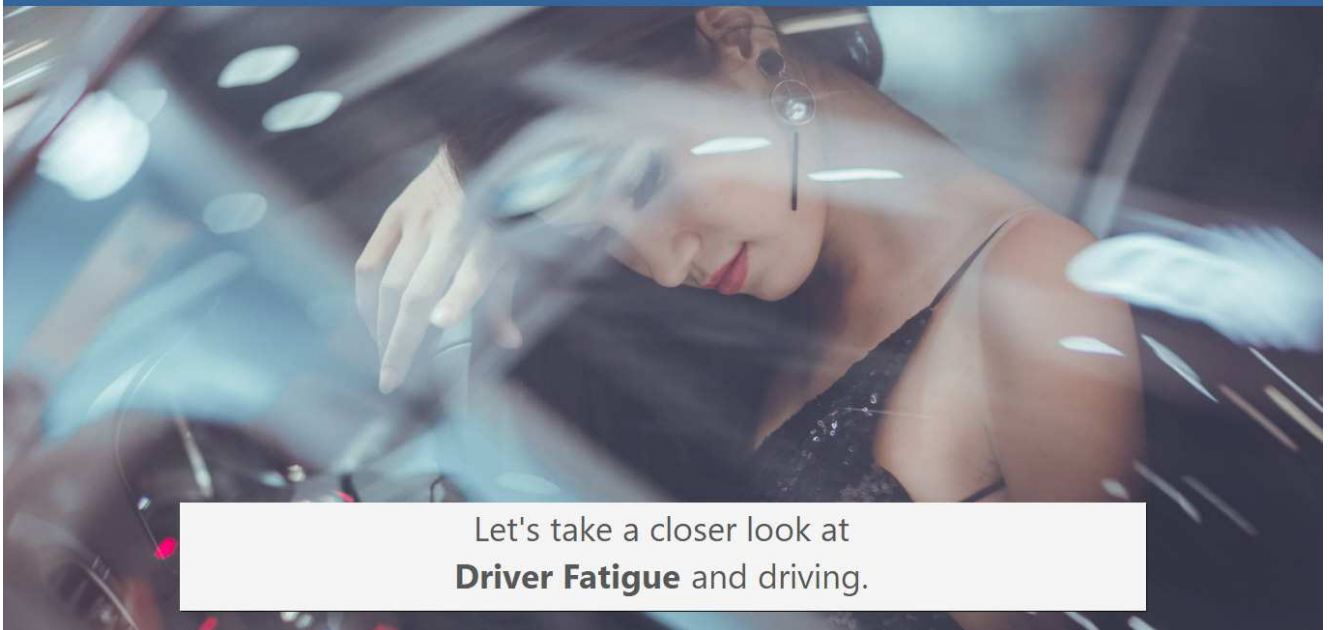


### Driver Fatigue

Welcome to this **Perfect Driver** course. Throughout this course, we are going to look at the law, skills, techniques, and ideas to help you become a better, and safer driver.

In this lesson, we'll look at **Driver Fatigue**.

### Driver Fatigue



Let's take a closer look at  
**Driver Fatigue** and driving.

### Driver Fatigue

Driver fatigue is the cause of many major accidents.

It is important that you stay refreshed, and do not drive for too long without a break. On many highways, you'll find driver reviver stations that you can stop in, have a mental break, and grab a cup of coffee and a snack.

Around 20% of fatal road accidents involve driver fatigue.

According to **VicRoads Road Accident Facts Victoria, 1998 Edition**, about 30% of severe single vehicle crashes in rural areas involve the driver being fatigued.



### Driver Fatigue

If you are fatigued, you need to stop driving. Tricks like winding down the window, turning up the radio, and just drinking coffee are not going to help - not for long, anyway.

Plan your long journeys ahead of time to include plenty of rest stops. Don't try to travel for too long in a single day. 10 hours a day should be the maximum you drive. Share the driving duties wherever possible.

And it is not only long trips where driver fatigue can be an issue.



## Driver Fatigue

### Driver Fatigue

Here, this sign tells you that a rest stop is available in 1km, and you'll need to be in the left lane to exit at this rest stop.

Rest stops are an area designed to let you take a break, stretch your legs, go to the toilet, grab a snack, etc.



### Driver Fatigue

Driving tired can be just as dangerous as driving drunk. Here are some tips to avoid driver fatigue:

- Get plenty of rest or even better, sleep, before a long drive.
- Don't start a long journey after a full day at work.
- Get 15 minutes of rest for every two hours of driving.
- Don't drive at times you would normally be asleep.
- Drink plenty of water.



### Driver Fatigue

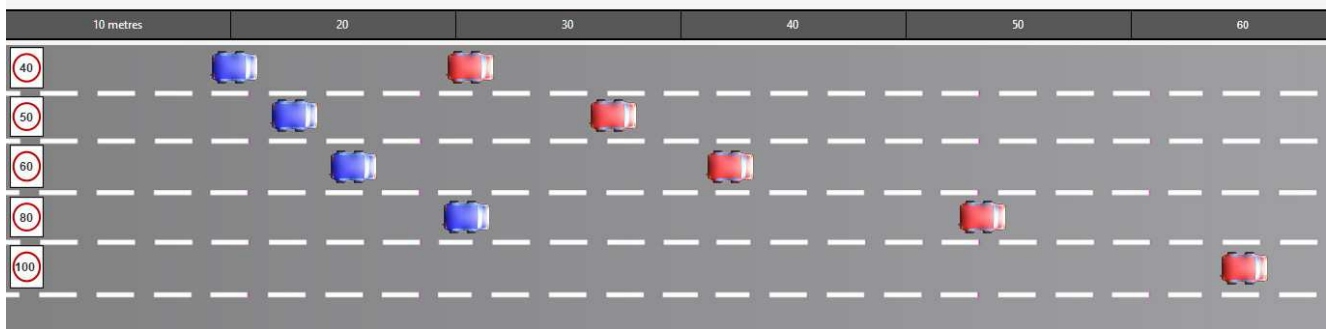
A **microsleep** is a brief period of unconsciousness - or sleeping. It is characterized by the sudden wakeup, snapping your head up from the sleep.

If you experience a microsleep, this is more than enough evidence that you are too tired to continue driving. Even a brief microsleep is more than enough to cause an accident.

If you fall asleep at the wheel, any crash you will have is likely to be very serious - as you won't even get a chance to avoid the accident, or even apply the brakes.



### Driver Fatigue

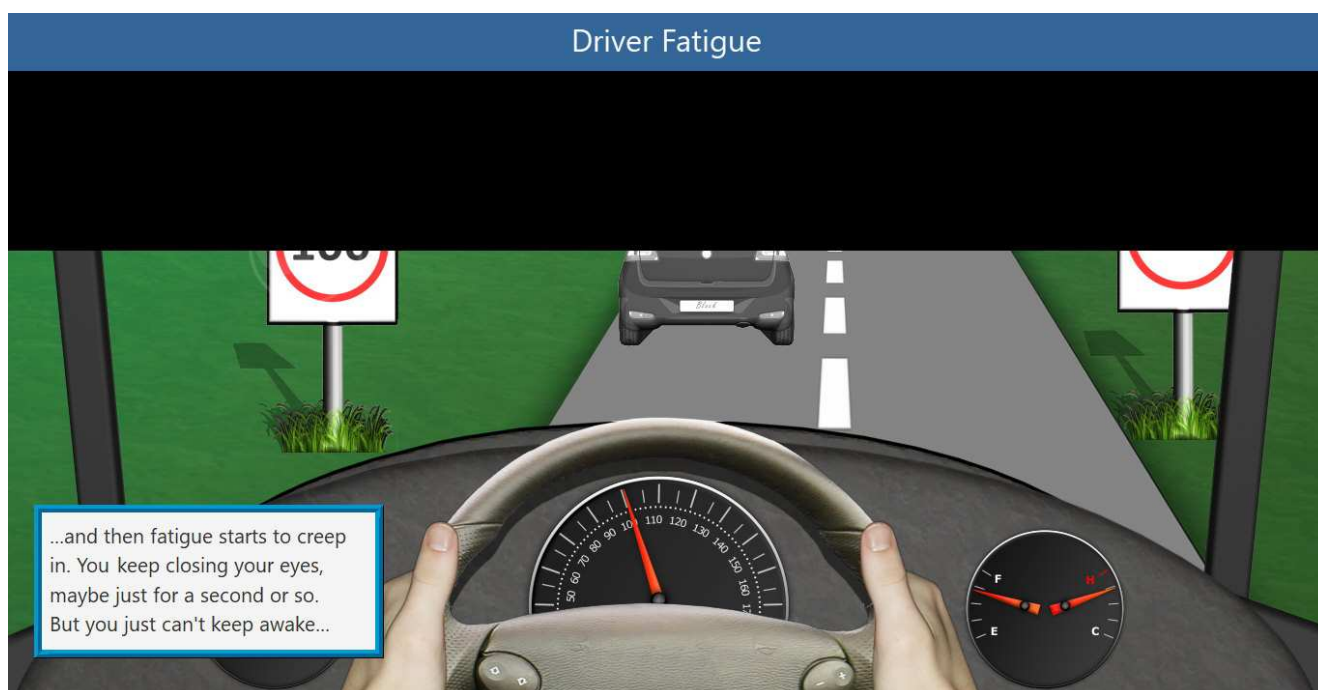
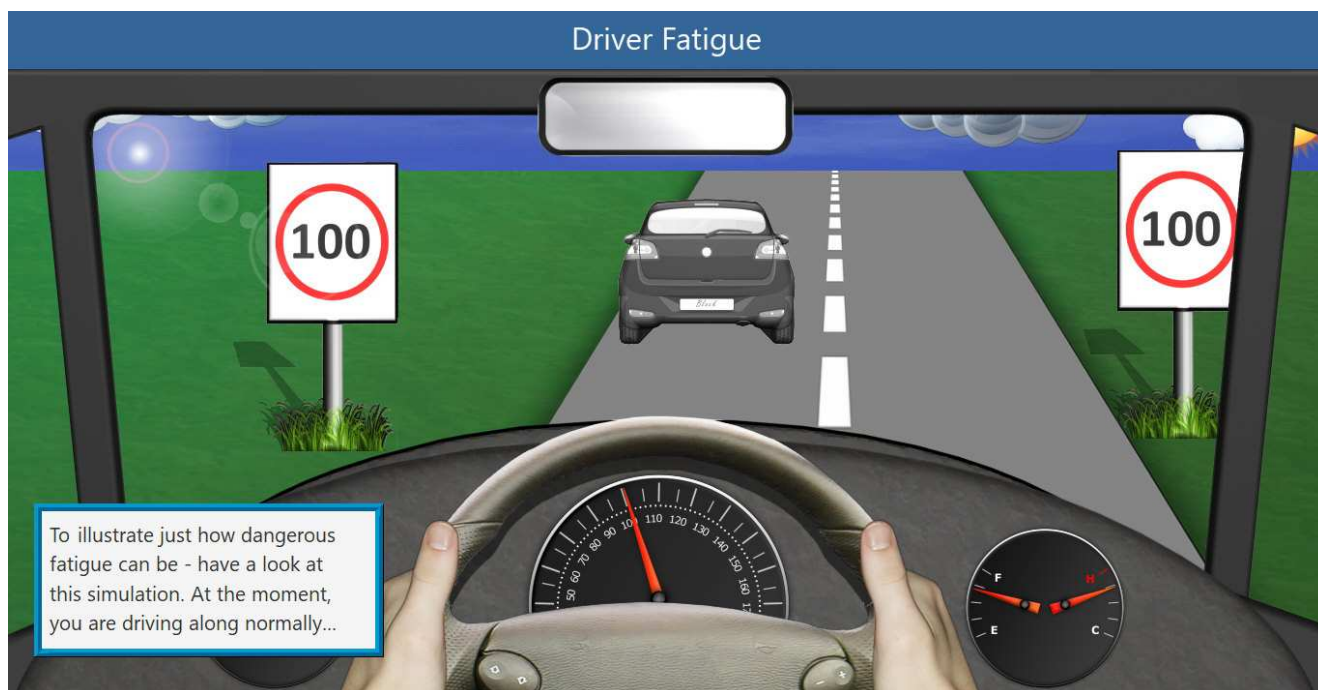


If you nod off for only one second when travelling at 100km/h, you will travel **27 metres**. That is **27 metres** without looking. And that is if the microsleep lasts only one second.

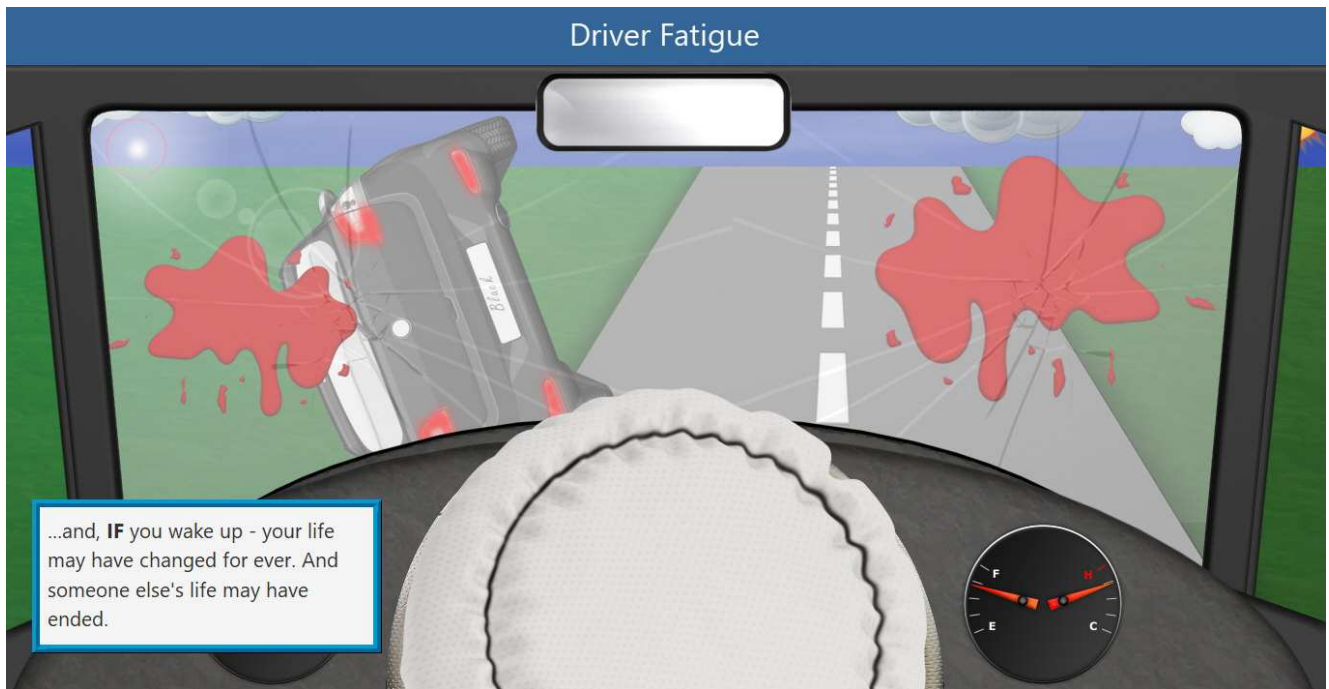
The blue cars above indicate how far you will travel at certain speeds when asleep for one second. The red cars indicate the same thing when asleep for two seconds.



## Driver Fatigue



## Driver Fatigue



## Driver Fatigue

Don't take drugs to stay awake. Like driving tired, this can make things even worse, and impair your judgement in other ways. Not to mention, it is often illegal drugs people may choose to use in an attempt to stay awake.



Driver Fatigue

# SUMMARY

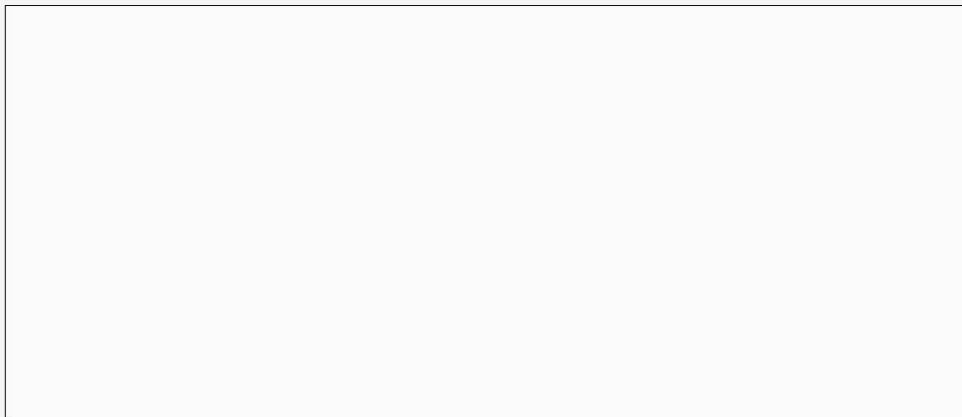
In this lesson, **Driver Fatigue**, we discussed:

- Driver Fatigue.
- Driver Fatigue Causes Accidents.
- Fatigue Statistics.
- Fatigue Simulator.
- Plan Plenty of Stops.
- Driver Fatigue can be as Dangerous as Alcohol.
- Microsleep.
- Say No to Drugs.

FINISH LESSON

Driver Fatigue

**Signature.** It is very important that you use the mouse, or touch, to *sign* the form below. This helps us record your progress accurately.



SUBMIT SIGNATURE

CLEAR SIGNATURE

## Driver Fatigue

Welcome to this **Perfect Driver** course. Throughout this course, we are going to look at skills, techniques, and ideas to help you become a better, and safer driver.

In this lesson, we discussed **Driver Fatigue**.



## Driver Fatigue



## Driver Fatigue