

Drowsy Driving: A Critical Safety Risk

Drowsy driving is as dangerous as driving under the influence

Warning Signs

- Frequent yawning or heavy eyes
- Drifting from your lane
- Missing road signs
- Cannot remember last few miles
- Feeling restless or irritable

Protect Yourself

- Get 7-8 hours of sleep nightly
- Take breaks every 2 hours
- Avoid midnight to 6 a.m. driving
- Pull over safely if drowsy
- Never rely on caffeine alone



STOP AND SLEEP



WASH FACE WITH COLD WATER



CONVERSATION



How to Stay Alert when Driving



NUTS AND SEEDS



WARM-UP EXERCISES



LOUD MUSIC

**THINK
SAFETY
STARTS
WITH YOU**

LIFE CAN BE TOUGH, BUT GETTING HELP IS SIMPLE!

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