





### Contact Details: RTMC Offices: Phase 5 Boardwalk Boulevard Boardwalk Office Park Faerie Glen, 0043 Website: www.rtmc.co.za Email: info@rtmc.co.za Tel: 012 999 5200 Call Centre: 0861 400 800

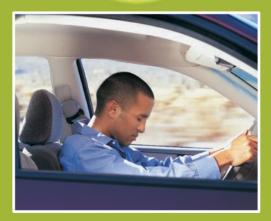


Road Traffic Management Corporation



# DRIVER FATIGUE





#### Driver fatigue

Many people think fatigue is only a problem for longdistance drivers; however it is just as relevant for short-distance drivers. People generally don't become fatigued from driving; usually they are already tired when they get behind the wheel from long hours, shift work, lack of sleep, sleep apnea or physically demanding roles.



#### Causes of fatigue

a lack of quality sleep;

- driving when you would normally be sleeping;
- sleep disorders such as sleep apnea (a sleeping condition that causes tiredness throughout the day).

#### Symptoms of fatigue

Fatigue is easy to detect, with symptoms including:

- yawning;
- sore or heavy eyes;
- slower reaction times;
- driving speed creeps up or down;
- impatience;
- impaired driving performance such as poor gear changes;
- stiffness and cramps;
- loss of motivation.



#### Driving while tired or fatigued can result in:

- Lower reaction times;
- Lack of concentration errors in calculating speed and distance are common;
- Reduced vigilance and poor judgement;
- Nodding off even for a few seconds can result in dire consequences.

#### How to beat driver fatigue!

Make a choice not to drive when tired or follow these guidelines to prevent fatigue:

- Get a good night's sleep before heading-off on a long trip;
- · Share the driving wherever possible;
- Don't drink alcohol before your trip, even a small amount can significantly contribute to driver fatigue;
- Take a 15 minute power-nap if you feel yourself becoming drowsy;
- Stop at least once every two hours or after every
  200 km it will help to combat fatigue and will give
  you a chance to restore your ability to concentrate.

## Tips on how to reduce driver fatigue before your trip:

- Plan your journey well in advance, making provision for safety breaks.
- A heavy meal before you embark on a trip can increase fatigue and weaken your concentration.
- Before embarking on a long journey makes sure your exhaust system is in good order. Leaking exhaust fumes may cause drowsiness and even death if the vehicle is not properly ventilated.