

**BEAT FATIGUE
BEFORE IT BEATS YOU**



Report Unsafe Road Usage
0861 400 800



Road Traffic
Management Corporation

"SAFE ROADS IN SOUTH AFRICA"



Road Traffic Management Corporation

**You will not like
the results of
driving while tired**



transport

Department:
Transport
REPUBLIC OF SOUTH AFRICA



**Driver
Fatigue**

How to beat driver fatigue!

Get a good night sleep before heading on a long trip;

Share the driving wherever possible;

Stop at least once every two hours or after every 200 kms - it will help to combat fatigue

Take a 15 minute power-nap if you feel yourself becoming drowsy;

**THE BETTER
YOU SLEEP,
THE SAFER
YOU ARE**

Make a choice not to drive when tired,
driver fatigue is deadly

BEAT FATIGUE BEFORE IT BEATS YOU

You will not like the results of driving while tired



**NOT DRUNK
NOT SPEEDING
JUST TIRED.**



**Driving
drowsy
is just as *dangerous* as
Driving
drunk**

Pull over and rest if you are tired. Nap, walk or have a snack to revive your senses and keep yourself and others out of danger.

Stop. Revive. Survive.