First Class Driving

The facts about fatigue

- Research shows that driver fatigue may be a contributory factor in up to 20% of road accidents.
- Fatigue related accidents are about 50% more likely to result in death or serious injury.
- Commercial vehicles are involved in approximately 40% of all sleep-related accidents.

When am I most at risk?

- 2am to 6am
- 2pm to 4pm

What can I do?

- Try to ensure you are well rested and feeling fit and healthy.
- Your journey will include scheduled rest breaks – make sure you take them.
- Feeling drowsy or tired, stop somewhere safe, take a break, grab a coffee or take a short nap.
- Avoid taking over the counter medicines that cause drowsiness.
- Avoid driving immediately after a large meal.
- Avoid any alcohol if you’re driving and remember the morning after effect.