

FATIGUE IS A SHARED RESPONSIBILITY

Driving tired slows your reactions, affects judgement, and increases crash risk.

Getting proper rest isn't always easy - especially with long shifts or multiple jobs. Talking openly about fatigue helps create a safer work environment. You and your employer both share the responsibility to support safer working conditions.

CHECK IN WITH YOURSELF

Ask yourself:

- What time did I wake up today?
- How long have I been awake?
- Am I blinking more or zoning out?
- Am I struggling to recall the last few minutes?
- Did I miss a turn, signal or instruction?
- If a mate felt like this, would I let them drive?

If you feel tired and unfit to drive – don't risk it, take a break.



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THE BEST REST

If you're not sharp, you're not safe.

SAFE TRANSPORT VICTORIA



TIPS FOR GETTING THE BEST REST

PLAN

- Set yourself up for a safer shift by starting well-rested.
- Map your week - include breaks and recovery time.
- Be aware of your total number of hours awake.
- Working multiple jobs? Lock in full rest blocks.

OPTIMISE

- If you're feeling tired, take breaks that help you reset. Even 10-15 mins can help.
- Power naps (10-20 mins) can boost focus and reaction time.
- Stay hydrated! Dehydration adds to fatigue.
- Snack smart: carbs + protein = lasting energy.
- Don't rely on caffeine to stay alert - it doesn't replace sleep.
- Avoid heavy meals during breaks - they can make you feel drowsy and slow your reaction time.

SLEEP

- Nothing beats sleep! Aim for 7+ hours in each 24-hour period.
- Split sleep helps, but a regular sleep routine is better.
- Missed sleep adds up fast and catch-up naps don't make up for it.
- Track sleep quality, not just how long you sleep.
- Block noise and light with earplugs, a sleep mask, or curtains.
- Sleeping in your vehicle? Make it as dark and comfortable as possible.
- You can't push through tiredness. Only sleep resets your brain.



FATIGUE FACTS EVERY DRIVER SHOULD KNOW

- Fatigue is a factor in 1 in 5 road crashes in Victoria.
- Getting less than 5 hours of sleep makes you 4 times more likely to crash.
- Microsleeps (1-10 sec) can cause missed signs, lane drift, or crashes.
- Fatigue is 4 times more likely to be a factor in a road crash than drugs or alcohol are.

THE BOTTOM LINE

You don't need to feel 'wrecked' for fatigue to become a safety risk. If you're not sharp, you're not safe.