

# Tips for the **BEST REST**

Fatigue affects focus, reaction time and decision-making.  
Use these tips to stay sharp behind the wheel.

## **OPTIMISE**

Use your breaks well.  
Step away, relax, and  
refresh. Even short quality  
rest can sharpen your focus  
on the road.

## **PLAN**

Lock in break times and  
aim for meaningful rest  
between shifts or trips to  
recharge properly.

## **SLEEP**

Prioritise a full night's  
sleep. It's your best  
defence against fatigue  
and the key to staying  
alert and safe behind the  
wheel.

