

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.

