

Driver fatigue



Fatigue can have physical and mental effects which can severely impair judgment and concentration and is involved in up to 30% of fatal crashes and severe injuries.

TOP TIPS

- ▶ Don't drive more than 14 hours within a 24 hour period
- ▶ Don't drive while tired and disclose issues that may affect your fatigue levels to the Operator
- ▶ Stop and take regular breaks to walk around (e.g. at least once every 2 hours)
- ▶ Don't rely on quick fix 'stay awakes' such as double dose coffee, energy drinks or tablets



*For further detail about roles and responsibilities and risk management, please refer to the *Road safety manual for the taxi industry*.