

Don't fall asleep at the wheel

MAIC-QUT
Road Safety Research Collaboration

Avoid fatigue-related crashes
Be aware of the signs

More
yawning



More
blinking



More **lane drifting**



Fighting fatigue/sleepiness
is a losing game

Take a **rest break**



Nap for
15-20 mins



Have a
cuppa



Don't drive, if you don't need to.