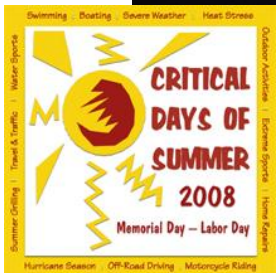
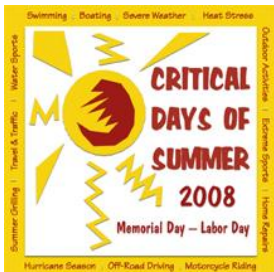

Fatal Factors: Fatigue



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The Problem

- Fatigued driving is common
- Hard to observe and measure.
- After single-car wrecks in which the driver killed himself, police and investigators can only speculate about what happened.

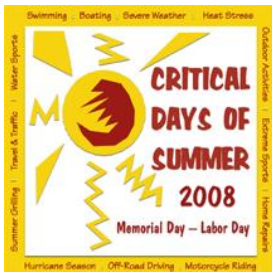


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Who Is Most At Risk?

Drivers Age 18 to 29

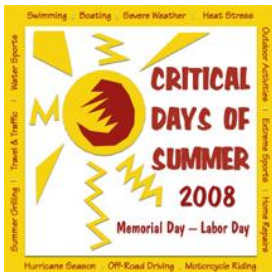
- Lifestyles are prone to getting less sleep
- Extracurricular activities are prevalent
- Late night socializing
- Poor sleep habits



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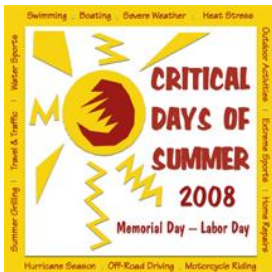
Fatigue Is a Distraction

- Regular distractions—eating, playing music, talking—take your attention away from traffic.
- Fatigue is just as dangerous as other distractions.



Data About Inattention

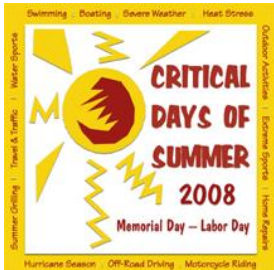
- A recent study monitored 100 drivers for a year, using specialized instruments.
- Nearly 80 percent of the 72 recorded crashes and 65 percent of the 761 near-crashes involved driver inattention just prior to the incident.



Data, cont.

Fatal crashes due to driving while fatigued

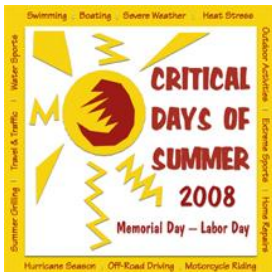
- 100,000 crashes per year
- 71,000 injuries per year
- 1500 deaths per year



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60% of Drivers Have Felt "Drowsy"

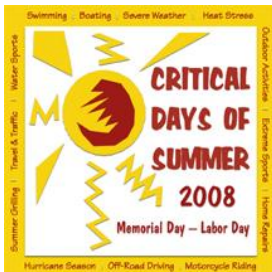
- In one survey of 1,456 adult drivers, 60 percent reported that they had driven while feeling drowsy at least once within the past year.
- Thirty-seven percent said they had "noddled off or fallen asleep" while driving a vehicle at least once in their life.



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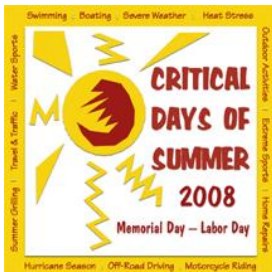
Nodding Off

- In one survey, 11 percent reported that they had nodded off while driving during the past year.
- Two-thirds of these people had had six or fewer hours of sleep the previous night.



Not Just a Problem at Night

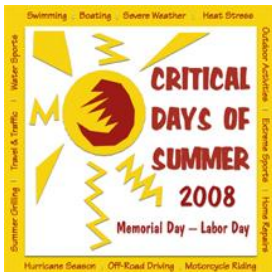
- Drowsiness isn't just a problem after the sun goes down.
- According to one survey, equal amounts of incidents (more than one-quarter) occurred in the afternoon (noon to 6 p.m.) and between midnight and 6 a.m.



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Symptoms of Fatigue

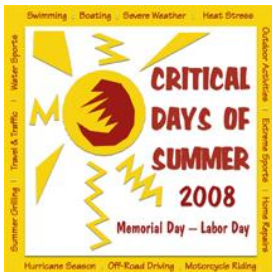
- Involuntary eye closing
- Yawning
- Feeling tired
- Inability to stay in line
- Inattention



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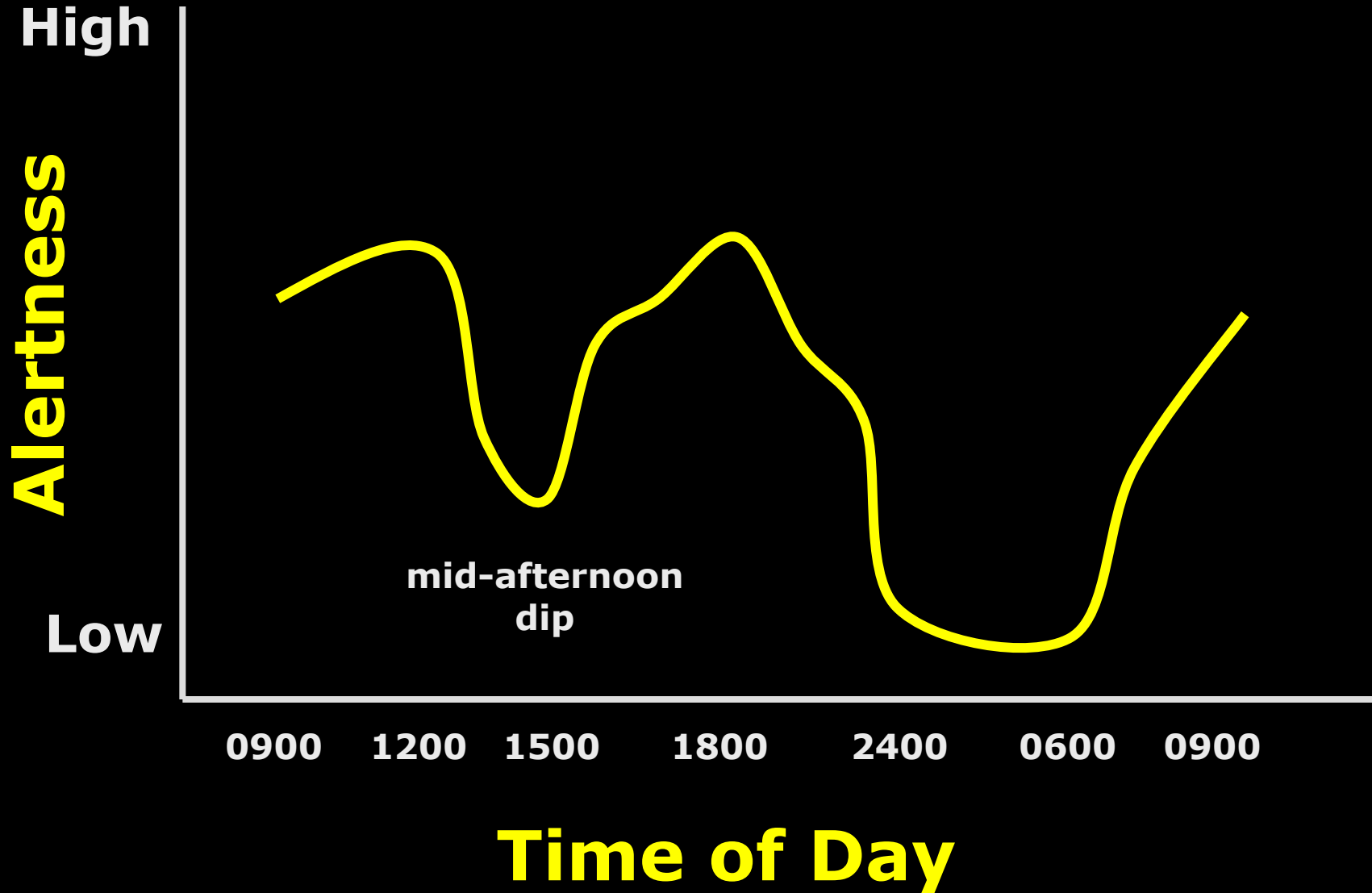
Symptoms, cont.

- ❑ Slower than normal reaction time
- ❑ Impaired judgment & vision
- ❑ The driver pays less attention to important road signs, road changes, actions of other drivers



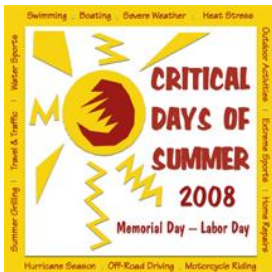
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When Fatigue Strikes



Tips That Don't Work

- Rolling down the window
- Listening to the radio- loud music
- Taking off your shoes
- Eating a snack
- Splashing cold water on your face



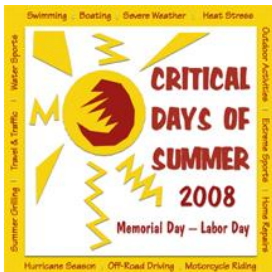
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Coffee – A Good Fix?



Some experts recommend drinking 2 cups of coffee, waiting 20 minutes, and then driving.

Drawback: It may take 2 hours or more before being able to fall asleep, therefore cutting time off the next day's rest time.

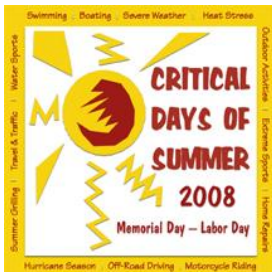


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Question 1

True or False: Coffee can help overcome the effects of drowsiness while driving

Answer: **True**, but caution is advised. It takes 20–30 minutes for the caffeine to take effect, and although it helps you with alertness it is by no means a substitute for rest. Also, once you get home it takes a couple of hours to subside in the system so if you need to go to sleep immediately when you get home, this may cut down on your rest for the next day.

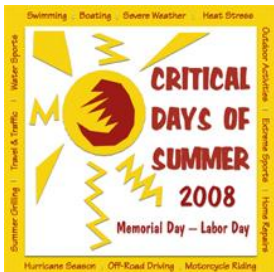


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Question 2

True or False: You can tell when you're about to go to go to sleep

Answer: **False.** Sleep is not voluntary. If you're drowsy, you can fall asleep and never even know it. You cannot tell how long you've been asleep.

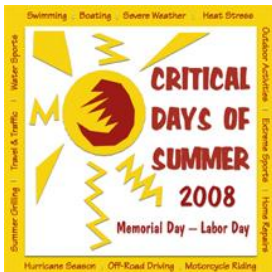


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Question 3

True or False: If you're a safe driver, it doesn't matter if you're sleepy.

Answer: **False**. The only safe driver is an alert driver. Even the safest drivers become confused and use poor judgment when they are sleepy or fatigued.

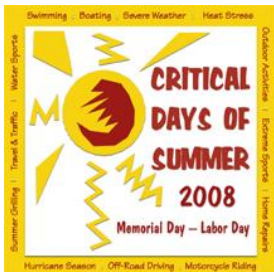


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Question 4

True or False: You can “stockpile” sleep on the weekends.

Answer: **False**. Sleep is not money. You can't save it up ahead of time and you can't borrow it. But, just as with money, you can go it debt.



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