

# Driver Safety



## Fatigue:

- Recognize symptoms of fatigue, such as frequent yawning, tired eyes, slow reactions, lane drifting, or inconsistent speed.
- Get plenty of sleep before driving.
- Drive during daylight hours, if possible.
- Avoid eating heavy meals.
- Do not push yourself. Take regular breaks and nap if possible.
- Avoid driving when taking medication that can cause drowsiness.