





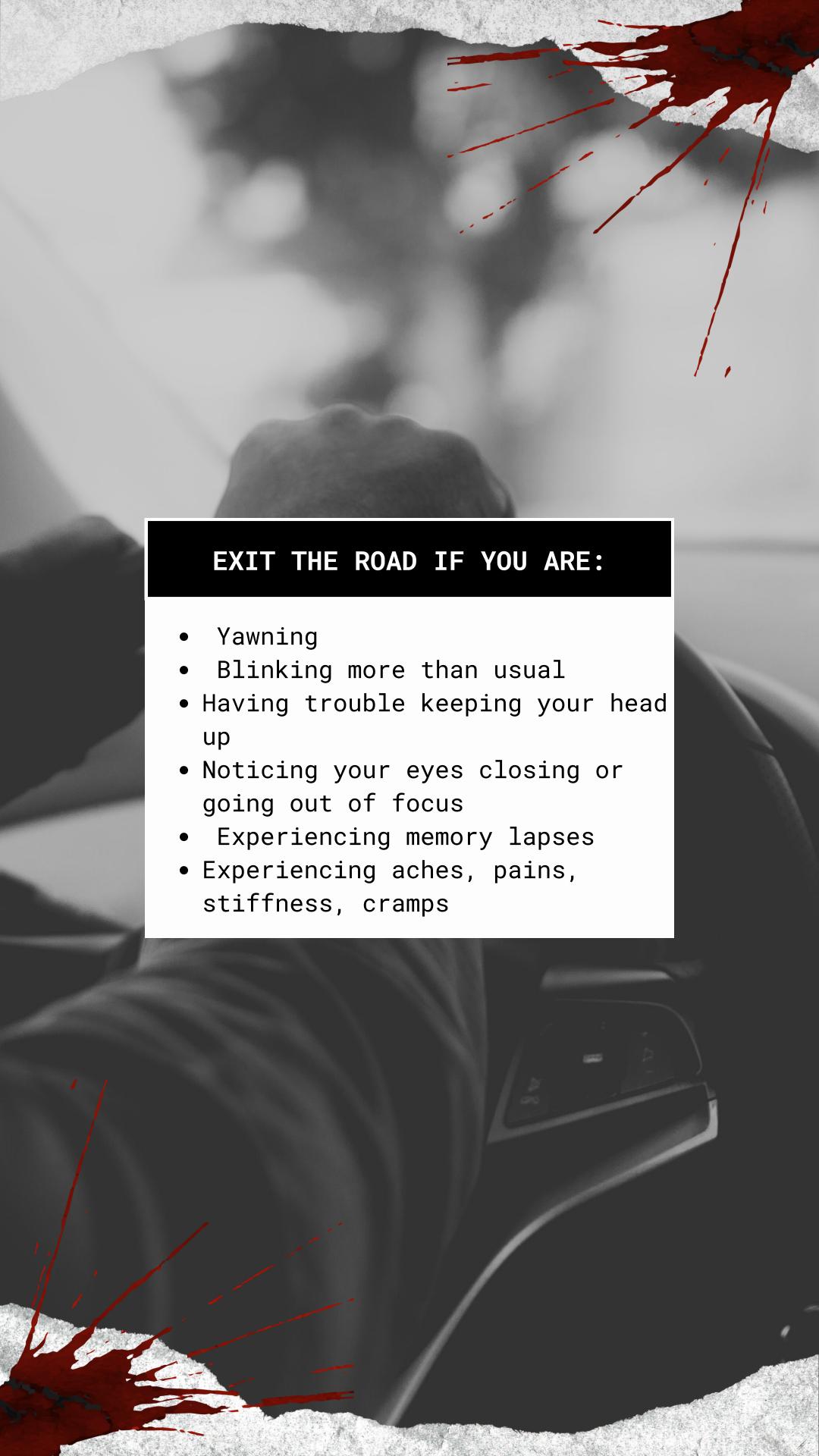


## **EARLY DANGER SIGNS:**



- o Wandering thoughts
- o Missing a gear, road sign or exit
- o Slowing or speeding unintentionally
- o Braking too late

Learn selfawareness







Plan your journey with breaks



Get at least 8 hours of sleep



Take a break every 2 hours; swap drivers



Use public transport



Don't take stimulants - they don't work. This includes coffee.



Decrease time driving at night.



Check that your medicine is not drowsiness inducing.

