



The Dangers of Fatigue and Driving

Aim: The aim of this campaign is to educate young drivers on the dangers of fatigue in hopes of reducing any road fatalities and future injuries.

Why is this an issue for young people?

Sleep is a necessary part of our life that is key in young people still growing. Lack of sleep or fatigue tends to have its effects and bad consequences. On average a staggering 40% of healthy teens experience regular fatigue during the day and a strong tendency to sleep during later hours of the day. Common symptoms for fatigue include mental and physical health issues like a low mood, loss of motivation and lack of energy. These symptoms can later lead to more issues like poor performance in school, loss of focus or attention, and a higher chance for fatalities when driving.

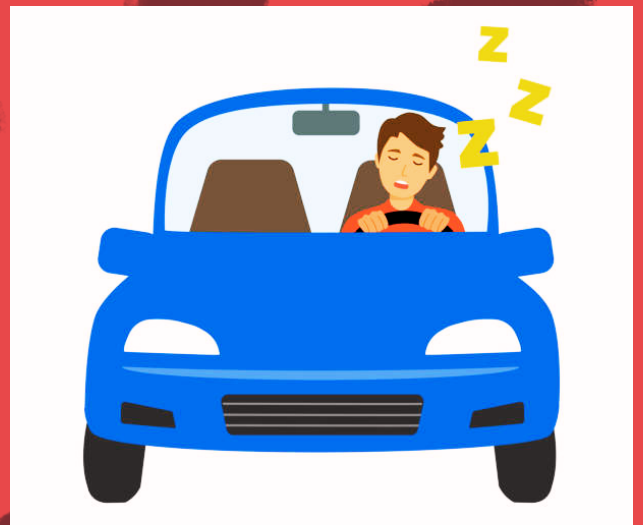
Sleep experts recommend that the average amount of sleep for teens and young adults is 8-10 hours but on average most teens get 6.5-7.5 hours a night. So consistently most teens do not get enough sleep to properly function for a full day. Although people generally have many commitments like school and sports getting enough sleep will help to be able to properly focus in these aspects. Sleep has been proven to reduce fatigue, increase awareness and help one concentrate better.

Did you know that fatigue increases the chances of a crash being fatal from 3 in 1000 to 1 in 100?

Key Information: Currently one of the biggest causes for road accidents is fatigue. This is when the driver is drowsy resulting in loss of focus on the road meaning that they are unaware of what is happening and aren't in control of the vehicle. Some of the things that it effects are attention span, reaction time, ability to control the car and speed control. On the topic of young drivers most of them are up late studying or doing other things that they enjoy. This results in driving late at night meaning that they are already tired and fatigued. As most young drivers are inexperienced being aware and awake is key for upmost safety.

Strategies to stay safe from fatigue when driving:

- Getting a good nights sleep
- Avoid driving later at night as your body naturally will want to sleep e.g. Don't plan events at late times if you plan on driving back.
- Avoid long driving times keep it to less than 2 hours
- If you know your tired ask for a lift or take a taxi
- Understand the symptoms of fatigue and how to look out for it.
- If you notice that your becoming drowsy stop and take a break to regain consciousness or ask an awake friend to take the wheel.



Research has shown that after 17-19 hours of no sleep ones driving performance is equivalent or worse than someone with a blood alcohol concentration of 0.05.

