

# TIRED DRIVERS KILL!

## The Facts

### Fact

At least **40,000** serious injuries and nearly **3,500 Deaths** occurred on our roads last year. Drowsiness is considered to be the major cause of these crashes.

### Fact

Driver **Fatigue** is thought to cause at least 20% of all road accidents of occupational road users and one- in-five **Accidents** on motorways and trunk roads.

### Fact

Driver fatigue is considered to claim **More Lives** than alcohol related road traffic crashes.

### Fact

Don't be tempted to risk it. Research shows that if you drive when very tired it's impossible to **Stop** yourself nodding **Off** at the wheel.

### Fact

Falling asleep at the wheel is preceded by feelings of extreme drowsiness, that drivers are aware of, but too often choose to **Ignore**.

### Fact

The group that are **Most At Risk** of tiredness are **Occupational Road Users (LGV Drivers, Light Goods Vehicles and Company Car Drivers)**

### Fact

Road crashes relating to driver fatigue are also more likely to result in **Death** or **Serious Injury**, as the accident occurs at **Higher Speeds** due to the driver failing to brake before the crash.

### Fact

Most sleep related accidents occur between **02:00 ~ 06:00** in the morning and mid-afternoon between **14:00 ~ 16:00**, when the body's natural clock is at its lowest points.

### Fact

**Drowsiness** makes driving more difficult by dulling concentration and slowing reaction times.

### Fact

Each **Death** on the road costs up to £ 1.2m - the **Human** costs are of course **Incalculable**.

### Fact

It is more difficult to **Judge** other vehicles' **Speed** and **Distance** when tired

### Fact

**Tired** drivers are **Lethal**

John died  
in his sleep.  
He was warm,  
comfortable  
and doing  
70 mph on  
the motorway.



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**DRIVER FATIGUE KILLS!**

*"Don't let it kill you"*



# THE SOLUTION

*The UK's leading sleep research centre (Loughborough University) has investigated many aspects of drowsiness and driver fatigue and have shown that such accidents are avoidable and recommends:*

-  The correct amount of sleep is the only **“Answer”**.
-  **Take** regular breaks.
-  **Don't Drive Tired.**
-  Don't Ignore the **Signs.**
-  Managers and drivers should **Plan** the journey with drowsiness in mind - paying particular attention to drivers hours and length of duty.



**WINDING DOWN THE WINDOWS - TURNING UP THE RADIO - HAVE LITTLE EFFECT IN OVERCOMING DROWSINESS.**

**A TIRED DRIVER CAN KILL!! IF YOU ARE FEELING TIRED YOU SHOULD....**

-  Get off the road at the earliest **Safe** point.
-  Find a safe place to park and **Rest.**
-  **Drink** one or two cans of a functional energy or caffeine drink.
-  If you have drank two cans of a functional energy or caffeine drink, take a short nap of up to fifteen minutes. This will almost eliminate the level of tiredness for up **to 90 Minutes.**
-  **Nevertheless** drivers should get **Adequate Sleep** and not see caffeine functional energy drinks as a substitute for **Sleep.**
-  If after having a break you are still feeling tired **Don't drive on.**

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Research shows that if you drive when tired, it's impossible to stop yourself eventually nodding off at the wheel.

*“If you are tired STOP don't ignore the signs”*



# WHAT CAN I DO ?

*“Don’t Become a Statistic”*

-  Maintain a **Regular** sleep pattern.
-  Take adequate **Sleep** before you drive.
-  By having sufficient sleep you will:
  - ✓ be **Alert**
  - ✓ have a **higher level** of **Concentration**
  - ✓ be less likely to be involved in a **Fatal** Road Traffic Crash
  - ✓ have a sharper level of **Hazard Perception**
  - ✓ be less likely to have a **Personal Injury** when loading / unloading your vehicle
-  If you become tired whilst driving, do not use the vehicles cruise control - **Turn It Off.**
-  If you become drowsy whilst driving do not use the in-cab heating system - **Turn It Off.**
-  Plan your journeys and identify suitable **Rest** points.
-  When driving on motorways and trunk roads, if you become sleepy get off at the next available junction, find somewhere **Safe** to park and take a break.
-  Don’t **Push** yourself to the **Limit**. Take regular breaks from driving.
-  Be alert to the signs of driver fatigue:
  - ✓ feeling drowsy
  - ✓ lack of concentration
  - ✓ driving between **02:00 ~ 06:00** and **14:00 ~ 16:00**
-  **Do Not Use “Functional Energy Drinks” As A Substitute For Sleep.**
-  Do not **Ignore** drowsiness. **Take A Break - And Rest.**
-  **Understand** the risks of driver fatigue.

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Should you experience  
**Driver Fatigue**  
consult your line manager immediately

