**Viva Engage Post Copy - Fatigue**

**Post 1:**

**Across our industry, drivers are routinely falling asleep at the wheel.**

Driving is the most common cause of death for rail workers. And fatigue is one of the highest risk factors. As part of our Drive Safe programme we want to help you manage fatigue risks.

Search ‘Drive Safe’ on Safety Central and [watch our video](https://safety.networkrail.co.uk/safety/drive-safe/) to learn more.

**Post 2:**

**Microsleeps don’t always come with a warning – they just happen**

Driver fatigue is one of our greatest risks. Remember, it’s *always*  OK to say, “I’m too tired to drive”. Search ‘Drive Safe’ on Safety Central and [watch our video](https://safety.networkrail.co.uk/safety/drive-safe/) to learn more.

**Post 3:**

**Imagine driving blindfolded on a busy motorway…**

A 2-second microsleep at 56mph means travelling blind for 50 metres.   
It’s not just a yawn or heavy eyelids. Sleepiness is serious. Search ‘Drive Safe’ on Safety Central and [watch our video](https://safety.networkrail.co.uk/safety/drive-safe/) to learn more.

**Post 4:**

**Plan on them feeling tired**

Planning a safe job means planning a safe journey – always factor in fatigue risks and driving.

Talk to your teams often and work with them to adapt your plans. Search ‘Drive Safe’ on Safety Central and [watch our video](https://safety.networkrail.co.uk/safety/drive-safe/) to learn more.