



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 read our driver fatigue guide.



Be part of the conversation

Scan the QR code and complete our 2-minute survey.

Drive

Safe



**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.



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**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".

Sleepiness is serious.



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