

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



**Sleepiness
is serious**

Drive

Safe



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

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

**And at 56mph, a 2-second
microsleep means driving blind
for 50 metres¹.**

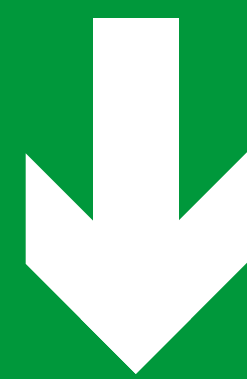
Sleepiness is serious.

1. Driving for Better Business, Fatigue, November 2024

Drive

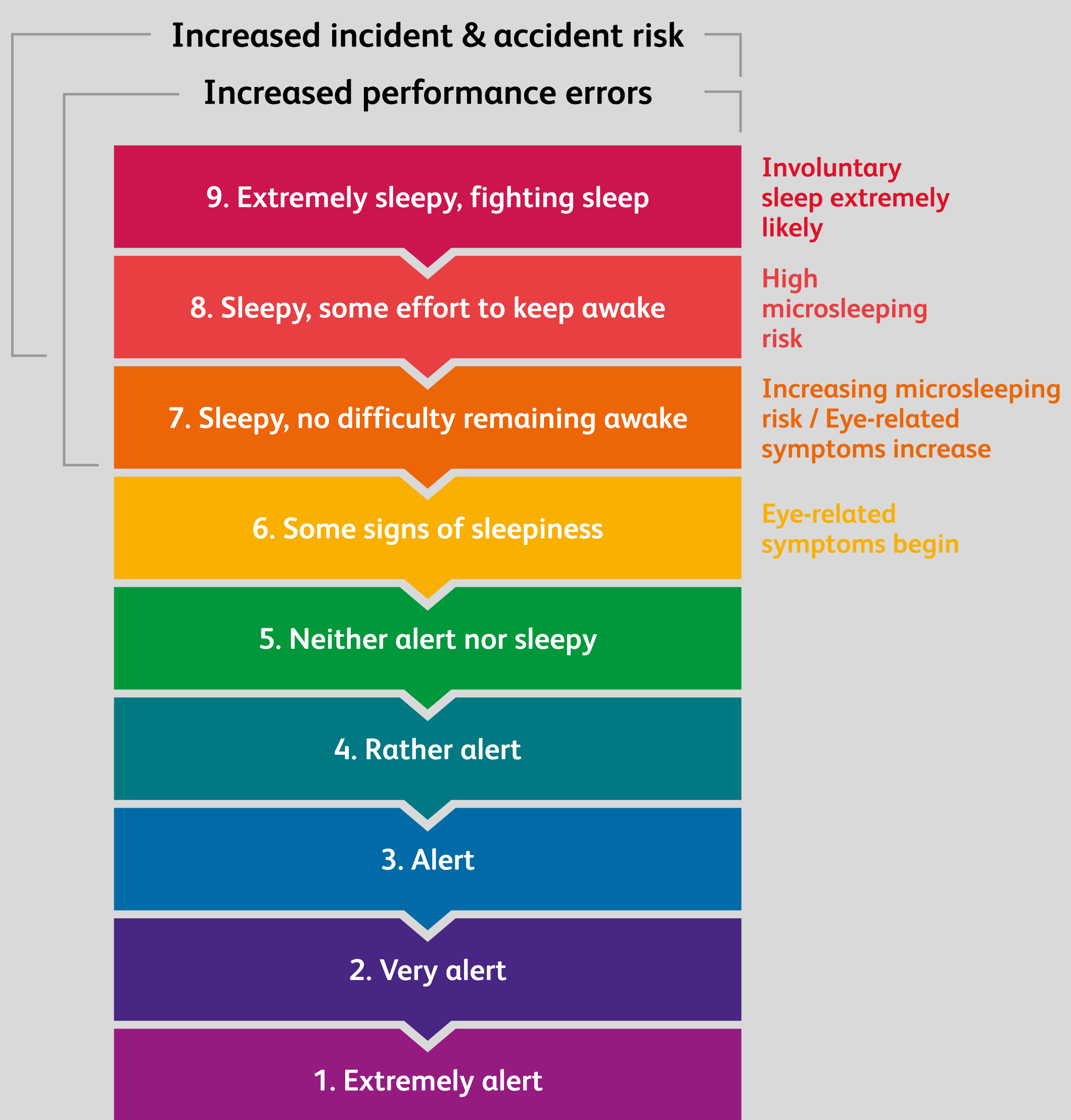
Safe

Check your tiredness



There could be many reasons why you feel fatigued. It could be work, home-life, a medical condition.

If you're worried about being too tired to drive, use the Karolinska Sleepiness Scale (KSS):



If you're at level 7 or above, don't drive. Take action and rest. Give the keys to someone who's more alert.

Drive

Safe

**Take action
to stay safe**



Driving with others

- Always pick the most alert person to drive
- Agree who should stay awake to 'buddy up' with the driver
- At the first sign of sleepiness, stop safely and swap drivers.

Drive

Safe

**Take action
to stay safe**



Driving alone

- Sleepiness creeping in?
Pull over safely
- Call your line manager
or Control 24/7 to arrange
a taxi or hotel
- If you must continue:
 - Drink a strong coffee
or energy drink
 - Take a 20-minute nap
 - Only continue once
genuinely alert.

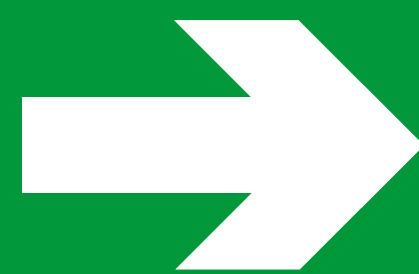
Drive

Safe

Complete the survey

Help us improve driver safety.
It takes just 2 minutes and is
anonymous:

Survey



Drive

Safe

A final thought:

**It's okay to say
"I'm too tired to drive."**

It's the right thing to do,
no one will judge you and it could
save yours or a teammate's life.

Thanks for your time.

**And remember, the
job's not over until
you're home safe.**

Check your alertness levels with
our [fatigue assessment tool](#).

Drive

Safe



**everyone
home safe
every day**