

Fatigue

is one of the biggest dangers on the road for truck drivers.

Back in 5

Help prevent fatigue with nutrition - pick up your free Better Fuel guide

Look out for symptoms like:

- frequent blinking and yawning
- unintentional slowing or speeding
- drifting
- forgetting the last few kilometres
- wandering thoughts.

Any of these could mean you're at risk. Get at least 8 hours sleep each night, eat healthy food and take lots of breaks while you're driving. To order your free copy of the Better Fuel nutrition guide, speak to your manager or call 0800 844 657 and quote publication number ACC4309.

Fatigue: Wake up to the danger.

