

Calculate your driver fatigue rating

Use the questions below to see if you are affected by fatigue.

Risk factors	Score	If the statement is TRUE for you write in the score
Less than 6 hours sleep in the past 24 hours	3	
Less than 14 hours sleep in past 48 hours	2	
Awake for more than 16 hours	3	
Worked night shift in the last 3 days	2	
Have a sleep disorder	3	
Driving between 1pm and 3pm	1	
Driving between 12pm and 6am	3	
Had any alcohol at all in last 2 hours	2	
Either driven for more than: 5 hours without a break	2	
Or driven for more than: 8 hours without a break	3	
Add up the column to calculate your total score		

Check your crash risk

If your score is less than 4	Prevention: You are on the way to being fatigued: be sure to have regular breaks from driving, keep drinking water and eat regularly.
If your score is 4	Caution: You are at risk of being a road hazard: you're at risk of having micro sleeps and need to stop for a 20 minute power nap if you find it hard to concentrate.
If your score is 5-7	Warning: You are a serious driving hazard: you should stop driving but if you have to keep driving, have a 20 minute power nap now!
If you score 8 or more	Danger: You are an extreme driving hazard: do not drive at all, you need to stop driving until you've had a full night's sleep (at least 8 hours).

See reverse for tips on good habits that will help you avoid driver fatigue

Fatigue - Wake up to the danger

How to reduce the risks of having a fatigue related crash



Plan ahead

Be sure you get several good nights' sleep in the week before your road trip. Decide how far you'll go each day and where you'll take breaks along the way. Stopping to see something interesting can make a holiday journey fun.



Avoid driving at high-risk times

You're more likely to be affected by fatigue if you drive:

- between midnight and 6am
- between 1pm and 3pm, when many of us have an energy 'slump'
- during the hours when you would normally be asleep.



On the road

Share driving if you can. Stop regularly every couple of hours for a refreshing break out of the car.

Don't think you can beat driver fatigue by drinking caffeinated drinks, winding down the windows or playing loud music.



Keep alert

Eat light and often, and avoid big meals of sugary or fatty food, which can sap your energy. Drink lots of water to keep hydrated – this will help keep you alert.

If you're a front seat passenger stay awake. You can play a vital role in helping your driver stay alert.



What should you do if you feel tired?

If you feel drowsy or are struggling to concentrate, STOP. Don't 'hang on until you get there'.

If you can, swap drivers or have a 20 minute 'power nap'. It's important you don't sleep for longer than 20 minutes, though or you may go into deep sleep which can be hard to wake up from.

Remember, if you're tired, you shouldn't be driving – you should be asleep!

For more information about driver fatigue, check out the ACC website
www.acc.co.nz/roadsafety