

Drowsy Driving PREVENTION Week



The combination of long work hours and lengthy commutes can increase the likelihood of falling asleep at the wheel.

Drowsy Driving *Warning Symptoms:* - - - - -

- Finding it hard to focus on the road, frequent blinking, or heavy eyelids.
- Daydreaming, wandering eyes, and having disconnected thoughts.
- Not remembering the last few miles driven.
- Missing exits or ignoring traffic signs.
- Yawning repeatedly or rubbing your eyes.
- Trouble keeping your head up or nodding off.
- Drifting from your lane, tailgating, or hitting a shoulder rumble strip.

If you notice any of these signs, pull over to a safe place, get some rest, drink a caffeinated beverage. Roll the window down for fresh air when possible. Continue driving after you get some rest and feel alert.



WORKPLACE
SAFETY BEGINS AT
HOME
with Sunrise Cooperative