

Driver fatigue

When does our body clock make us feel most sleepy?

- Between 12-2am and 12-2pm
- Between 3-5am and 3-5pm
- Between 6-8am and 6-8pm

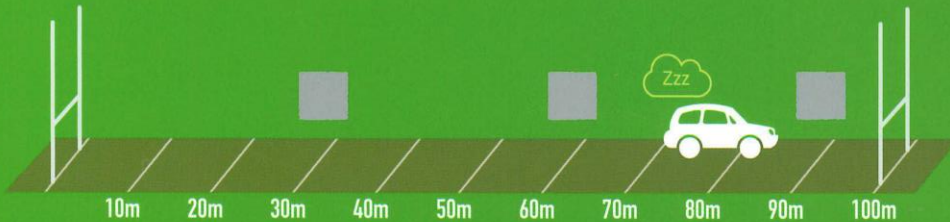
The most common effects of fatigue on driving are

- Difficulty concentrating
- Drifting out of the lane
- Frequent and unnecessary changes in speed
- Slower reactions
- All of the above

The most common object struck in a Waikato fatigue crash is a

- Fence
- Ditch
- Tree

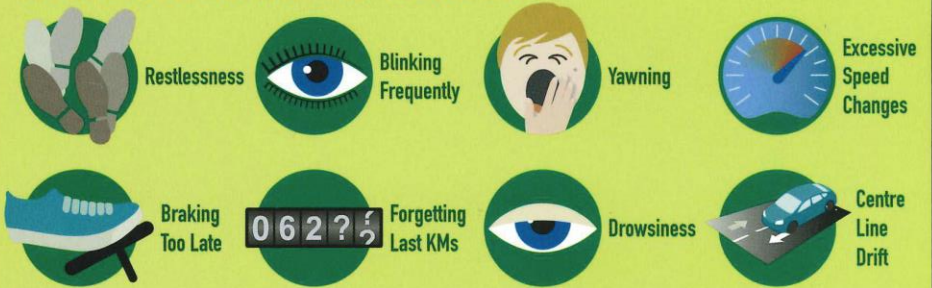
If a driver has a three seconds micro-sleep while travelling at 100km/h how far will the car travel?



This data was sourced from NZTA

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WARNING SIGNS OF FATIGUE



MINIMISE RISK



COMMON MYTHS



These only help with fatigue short-term. Stopping and getting a good night's sleep is the only cure.

Answers: 1.) Between 3-5am and 3-5pm
2.) All of the above 3.) Fence 4.) 90m

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