

AWAKE AT THE WHEEL

@NoDrowsyDriving



Drowsy driving kills!

- 6,400 deaths per year
- 328,000 crashes per year
- 21% of fatal crashes per year



Driving drowsy is as dangerous as driving drunk!

Both cause:

- Reduced alertness
- Bad decision making
- Poor driving skills



How to avoid drowsy driving

Just follow the rules:

- Get enough sleep (7+ hours for adults, 9+ hours for teens)
- Refuse to drive when sleepy
- If you're on the road and feel drowsy, pull off to a safe rest location



Signs of drowsy driving

- Yawning/nodding off
- Missing road signs
- Following cars too closely
- Drifting on the rumble strip
- Can't remember last few miles



These things don't help avoid drowsy driving!



- Blasting music
- Windows down
- Cold water on your face
- Chewing gum

