

Drowsy Driving



Operating a motor vehicle when tired is known as **drowsy driving**, and can affect anyone who gets behind the wheel.

Drowsy driving significantly increases the risk of accidents.

Avoiding Drowsiness

- ▶ Make sleep a priority, especially before long trips.
- ▶ Be mindful of how certain medications may affect you before you drive.
- ▶ Add time to your trip for rest.
- ▶ Bring a travel companion if possible.
- ▶ Watch for warning signs. If you notice any symptoms of drowsy driving, take a break and rest.



Signs of Drowsy Driving:

- Frequent yawning
- Feeling of dozing off
- Tired/droopy eyes
- Increased blinking
- Head bobbing
- Unable to recall the last few miles
- Missing road signs
- Drifting out of your lane
- Difficulty maintaining speed
- Daydreaming/ mind wandering

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