



FATIGUE AT WORK

EMPLOYER TOOLKIT



Drowsy Driving is Impaired Driving

How to stay alert behind the wheel

- Get 7 – 9 hours of sleep every day
- Take a break every 1½ – 2 hours of driving
- Before driving, do not use alcohol or medications that make you sleepy
- Avoid driving if you have been awake for 16 hours
- Limit driving at night

Feeling drowsy while driving?

Pull over and make a plan to get to your destination safely.