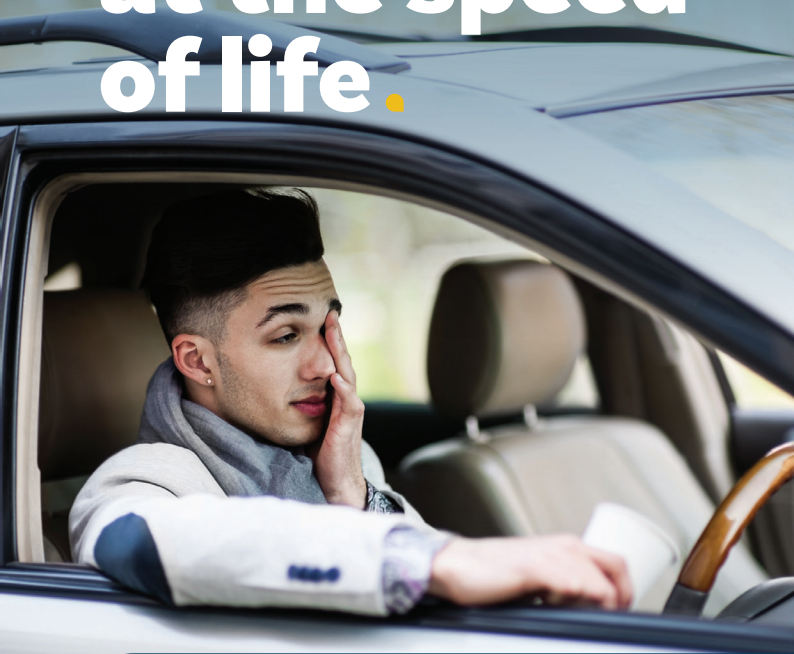


Travelling at the speed of life.



Feeling tired? Take a break.

Tiredness, fatigue, weariness or exhaustion can affect your driving long before you nod off. Taking regular breaks improves your alertness and reduces the chance of a crash.


RoadSafe
HAWKE'S BAY

Powered by
Hawke's Bay Regional Council 



Driving requires you to be alert and able to react.

Tiredness may impact your ability:

- To stay within your lane or on the road
- To travel at a consistent speed
- To react quickly or take evasive action

How to improve alertness:

- Take regular breaks – plan rest stops along the way
- Get plenty of sleep before your journey
- Have fresh air in the vehicle
- Drink plenty of water
- Avoid medications that make you drowsy

If our paths cross, let's make sure they cross safely .


RoadSafe
HAWKE'S BAY

Powered by
Hawke's Bay Regional Council 

roadsafehb.org.nz 