

IF YOU FEEL TIRED WHEN DRIVING:



Pull over for a break in a safe place



Pull over for a nap (20 minutes works best)



Swap drivers if you can



Stop for a coffee if you're on a short drive*



Even if you don't feel tired, take regular breaks to avoid becoming tired

*The effects of caffeine won't help for long and won't work for everyone. Caffeine is not suitable for some people and can be harmful. Limits on the daily consumption of caffeine are recommended.