

LOSS CONTROL TOPIC

STAYING AWAKE

According to the National Highway Transportation Safety Administration, drowsy driving is responsible for over 100,000 automobile accidents each year in the United States. This generates over 40,000 injuries and 1,550 deaths. The most frequent times for accidents caused by drowsy driving are late afternoon and overnight.

What are the Signs?

- Suddenly realizing that you do not have a recollection of how you got where you are on the highway
- You find yourself drifting out of your lane, tailgating or hitting rumble strips
- Dry, itchy eyes, yawning



- Inability to focus, daydreaming
- Realizing that you are driving too slowly
- “Micro” sleep episodes where you snap awake after a second or two
- Restlessness and irritability

What Can You Do?

- Get plenty of rest at night. Seek professional help for insomnia or sleep apnea
- Stop and take a 20 minute power nap at a safe place
- Take rest stops every two hours or 100 miles. Get out of the car
- Keep the vehicle cool. Overly heated air makes you drowsy
- Tune the radio to music that you can sing along with or pack stimulating CD's to play
- Avoid alcohol or sedative drugs
- Travel with a passenger. Share driving if possible
- Don't stare straight ahead at tail lights or the white lines, etc. Try to look about at things of interest in a safe manner

Source Materials

National Highway Transportation Safety Administration www.nhtsa.dot.gov

National Safety Council www.nsc.org

These guidelines are intended to offer general suggestions for follow up and discussion and should not be considered a substitution for professional advice.

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