

# STREETS AHEAD

## Don't drive tired

Don't trust your tired self with your holiday plans this Easter. If you're planning a road trip, get at least seven and a half hours sleep before you drive.

When you're on the road:

- Stop for a break every two hours
- Switch drivers; or
- Pull over and take a nap for about 20 minutes.

Look out for the early warning signs such as wandering thoughts, finding that you can't remember driving the last few kilometres, missing a gear, a road sign or your exit, slowing down unintentionally or braking too late.

Fatigue is a silent killer on WA roads, and it can affect anyone. Plan your journey, manage your fatigue and keep everyone and their holiday plans alive.

To learn more, visit [rsc.wa.gov.au/fatigue](http://rsc.wa.gov.au/fatigue)

