

# Safety Talk



These programs offered by the Utah Safety Council offer practical strategies to reduce collision related injuries and fatalities on Utah roadways.

## 5 MINUTE SAFETY TALK: DROWSY DRIVING

This safety talk can be used along with the corresponding PowerPoint presentation or on its own. The bolded items are additional pieces of information not included on the slides.

**Title Slide-** NETS: Drowsy Driving

### Slide 2

What percentage of Americans have driven while drowsy?

### Slide 3-The Facts

- According to the National Sleep Foundation, 60% of Americans have driven while drowsy.
- 37% have actually fallen asleep at the wheel.
- Approximately 1 in 6 traffic fatalities involves a drowsy driver.
- Drowsy driving-related crashes cost over \$12.5 billion a year.

### Slide 4- At-Risk Groups

- Males 25 years old and under
- Shift workers
- Commercial drivers
- People with undiagnosed or untreated disorders
- Business travelers

### Slide 5- Warning Signs

- Frequent blinking and/or heavy eyelids
- Daydreaming or difficulty focusing
- Drifting from your lane, tailgating, or hitting rumble strips

### Slide 6- Warning Signs

- Yawning repeatedly
- Missing exits or traffic signs
- Trouble keeping your head up

### Slide 7- Prevention Tips

- Get adequate sleep, especially before a road trip. **Between 7-9 hours a night is usually sufficient for adults, and 8 1/2 - 9 1/2 hours for teens.**
- Avoid driving at night... **because your body is programmed to sleep when it's dark.**
- Take turns driving with a passenger. **Passengers can help look for warning signs in the driver and switch off when needed.**

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## Slide 8- Prevention Tips

- Take a break every couple hours and stretch or eat a snack.
- Take a 15 or 20 minute nap. **Pull over at a rest stop or somewhere safe to nap, but do not nap any longer than 20 minutes or you will become even more drowsy.**
- Consume caffeinated beverages. **Just remember that caffeine takes about 30 minutes to enter the bloodstream and is not as effective for those who regularly consume it. Also, remember caffeine is only a temporary fix to the drowsy driving problem.**