

Safety Quiz



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

DROWSY DRIVING QUIZ

Are you alert when it comes to the facts of drowsy driving, or are you nodding off? Find out with this quiz!

1. What percentage of Americans have driven while drowsy?
 - a) 30%
 - b) 40%
 - c) 50%
 - d) 60%
2. What percentage have actually fallen asleep at the wheel?
 - a) 23%
 - b) 30%
 - c) 37%
 - d) 42%
3. True or false: Approximately 1 in 6 traffic fatalities involves a drowsy driver.
4. All of the following are considered at-risk for drowsy driving except:
 - a) Females 25 years old and under
 - b) Commercial drivers
 - c) Business travelers
 - d) People with undiagnosed or untreated disorders
 - e) None of the above
5. All of the following are warning signs of drowsy driving except:
 - a) Frequent blinking
 - b) Daydreaming
 - c) Missing exits
 - d) Tailgating
 - e) None of the above
6. True or false: You can help prevent drowsy driving by taking turns driving with a passenger.
7. True or false: Consuming caffeinated beverages helps you to stay awake while driving.
8. True or false: Driving at night does not make you more susceptible to drowsy driving.

Safety Quiz



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

ANSWERS

1. d) 60%
2. c) 37%
3. True
4. a) Females 25 years old and under. Males 25 years old and under are at risk. In addition to the groups listed, shift workers are also at risk for drowsy driving.
5. e) None of the above. All of these are warning signs of drowsy driving, as well as yawning repeatedly, trouble keeping your head up, missing traffic signs, difficulty focusing, drifting from your lane, and hitting rumble strips.
6. True. The passenger can help look for warning signs in the driver and switch off when needed.
7. True. Caffeine does help, but remember that it takes about 30 minutes to enter the bloodstream and is not as effective for those who regularly consume it. Also, caffeine is only a temporary fix.
8. False. Driving at night does make you more susceptible to drowsy driving because your body is programmed to sleep when it's dark.