

Safety Fact Sheet



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

DON'T DRIVE DROWSY

Approximately one in six traffic fatalities involves a drowsy driver. People don't recognize how dangerous it is to drive when sleepy. Drowsy driving causes misjudgment, impaired vision, and slower reaction times. In fact, the impairment from being awake for over 20 hours is equal to that of a 0.08% blood alcohol concentration, the legal limit in all states. Learn the warning signs of drowsy driving and how to prevent it from happening to you.

Warning Signs

- Frequent blinking and/or heavy eyelids
- Daydreaming or difficulty focusing
- Drifting from your lane, tailgating, and/or hitting rumble strips
- Yawning repeatedly
- Missing exits or traffic signs
- Trouble keeping your head up

Prevention Tips

- Get adequate sleep, especially before going on a road trip.
- Avoid driving at night.
- Take turns driving with passengers.
- Take a break every couple hours and stretch or eat a snack.
- Take a 15 or 20 minute nap but not any longer to avoid more drowsiness.

Source: National Sleep Foundation