









MEMBERSHIP Services OCCUPATIONAL Safety

TRAFFIC Safety

CARE Safety

HOME & COMMUNITY

Safety

The mission of the Utah Safety Council is to save lives by promoting safety and health through education, services, and products.

Drowsy Driving





What percentage of Americans have driven while drowsy?





The Facts

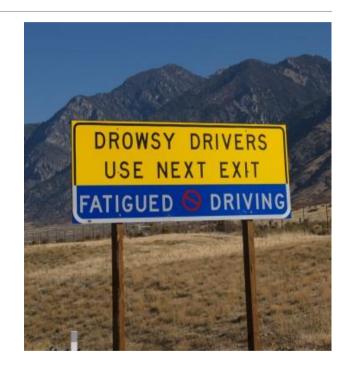
- •According to the National Sleep Foundation, 60% of Americans have driven while drowsy.
- •37% have actually fallen asleep at the wheel.
- Approximately 1 in 6 traffic fatalities involves a drowsy driver.
- •Drowsy driving-related crashes cost over \$12.5 billion a year.





At Risk Groups

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

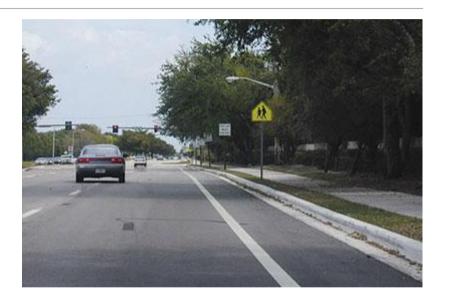






Warning Signs

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

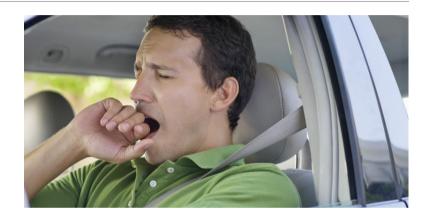






Warning Signs

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







Prevention Tips

- •Get adequate sleep, especially before a road trip.
- Avoid driving at night.
- •Take turns driving with a passenger.







Prevention Tips

- •Take a break every couple hours and stretch or eat a snack.
- •Take a 15 or 20 minute nap if you are feeling drowsy.
- •Consuming caffeinated beverages may temporarily help.



Source: National Sleep Foundation





For Additional Information

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