

St. John's co-workers aren't your typical commuters. Long shifts, odd hours and rural commutes are commonplace in our industry. All of these factors can combine to make the trip to and from work dangerous for many of our 1st, 2nd & 3rd shift teams. Recognizing this, we hope that the information below will alert you to potential hazards and help you make good decisions while on the road.



DROWSY DRIVING



SAFETY FACTS FOR THE ROAD:

- Drowsy driving causes more than 100,000 crashes each year, resulting in 40,000 injuries and 1,550 deaths.
- Serious crashes caused by drowsy driving occur most often on high-speed rural highways when the driver is alone.
- Drowsy driving can happen to anyone. National studies reveal that one half (51%) of adults have driven while drowsy and 17% have fallen asleep while driving within the past year.

DRIVE FOCUSED. STAY SAFE. AVOID AGGRESSIVE DRIVING.

- Be aware of your behavior and the behavior of others on the road during the late night, early morning and mid-afternoon hours when drowsy driving crashes are most likely to occur. Plan a rest stop during these hours.
- Get a full night of rest before driving. If you become tired while driving, stop. A short nap (15 to 45 minutes) and consuming caffeine can help temporarily.
- Stop at regular intervals when driving long distances. Get out of the car every 2 hours to stretch and walk briskly.
- Set a realistic mileage goal you can safely drive each day.
- Avoid taking medications that cause drowsiness.

Do you know when you're driving drowsy?

SOME WARNING SIGNS:

- You can't remember the last few miles driven.
- You hit a rumble strip or drift from your lane.
- Your thoughts are wandering and disconnected.
- You yawn repeatedly.
- You have difficulty focusing or keeping your eyes open.
- You tailgate or miss traffic signs.
- You have trouble keeping your head up.
- You keep pulling your vehicle back into the lane.



If you're tired and are in danger of falling asleep, then you cannot predict when a "mini" sleep may occur. A driver cannot react to road dangers when tired. Getting enough sleep will not only help you feel better, it can save your life.

SOURCE: Network of Employers for Traffic Safety (NETS)

ST. JOHN'S TRAUMA SERVICES



ST. JOHN'S
POWERFUL MEDICINE