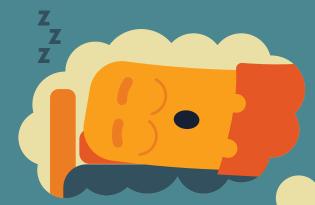
PREP WORK

Try and get good sleep before making a trip.



BUDDY UP

can keep you awake or

MY TURN?

AVOIDING DROWSY DRIVING

KNOW THYSELF

REFUEL YOURSELF

Don't forget to eat, and if you're feeling tired, get a jolt of caffeine. Just don't rely on it for long periods of time.



TAKE A BREAK

Can't keep your eyes open? Stop in a safe place



15:00

CALL IT QUITS

Is fatigue getting the best of you? Pull over and call it a night.



can have the

same effect as



In drowsy driving crashes, most drivers drift



are involved in

drowsy driving crashes as women.2



You should

during times when you would normally be







FLTeenSafeDriver.org

- 1. Archives of Internal Medicine, May 2012
- 2. AAAFTS Asleep at the Wheel:
- The Prevalence and Impact of Drowsy Driving. November, 2010