THE DANGERS OF DROWSY DRIVING

DROWSY DRIVING WARNING SIGNS

- 1. HEAVY EYELIDS OR DIFFICULTY KEEPING EYES OPEN
- 2. BLURRY VISION
- 3. EXCESSIVE YAWNING
- 4. DIFFICULTY REMEMBERING LAST FEW MILES BEHIND THE WHEEL
- 5. MISSING EXITS OR VEERING IN AND OUT OF LANES
- 6. DAYDREAMING OR LACK OF FOCUS

WHO IS MOST LIKELY TO DRIVE WHILE FATIGUED?



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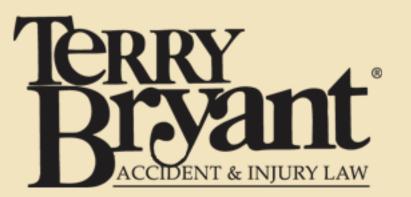
Around **13%** of commercial vehicle drivers involved in crashes were fatigued.

- 1. Always get plenty of sleep before driving.
- 2. Stick to a regimented sleep schedule.
- 3. Avoid medications that cause drowsiness.
- 4. Take regular breaks when driving long stretches.

5. Seek testing for sleep disorders.

HURT BY A Drowsy driver? Call 800-444-5000

TIPS FOR Staying Alert



Mr. Terry Bryant is a Former Judge and Board Certified in Personal Injury Trial Law by Texas Board of Legal Specialization

Sources:

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