

Before embarking on a long journey or holiday, there are certain things to keep in mind and to check for oneself. The following useful hints have been provided by the Automobile Association.

Before leaving...

- ❖ Start any trip by getting enough sleep the night before - at least six hours is recommended.
- ❖ Emotional stress or illness can also cause fatigue.
- ❖ Plan your route, refueling, rests and overnight stops.
- ❖ Check your car's roadworthiness: Headlights, indicators, stop lights, tail-lights, windscreen wiper blades, mirrors, brakes, steering, tyres, tyre pressures, exhaust system and possible oil or fuel leaks.
- ❖ Check coolant, fluids and oil levels.
- ❖ Check that the spare wheel is in good condition and properly inflated. Make sure that you have a serviceable jack and wheel-brace.
- ❖ Ensure any luggage or cargo is placed in the boot or secured in the vehicle.
- ❖ Never transport flammable liquid in the vehicle. Plan your refueling stops.

While travelling...

- ❖ Take a 15-minute break at least every 2 hours.
- ❖ Prevent sun glare and eye fatigue by wearing good quality sunglasses.
- ❖ Avoid eating heavy foods.
- ❖ Do not consume any alcohol during your trip.
- ❖ An overheated or very cold vehicle can compound the fatigue effects.
- ❖ If you can, have another person ride with you, so you will have someone to talk to and who can share the driving.
- ❖ Make sure that you rest when you are not driving.
- ❖ Avoid driving during your body's downtime (1am-5am).
- ❖ Boredom can also cause fatigue: Music / radio / conversation is helpful.
- ❖ Always use your seat belts. Keep a safe distance behind the car in front of you.
- ❖ Drive according to the road conditions.

- ❖ Reduce speed when it is raining or the road is wet.
- ❖ Adhere to speed limits.
- ❖ Use low beam headlights (never drive with parking lights) between sunset and sunrise as well as in overcast or misty weather conditions.
- ❖ If you notice any of these danger signs, stop for a rest or a quick nap :
 - you keep yawning
 - your reactions slow down
 - you feel stiff and your eyes feel heavy
 - you find you are day dreaming
 - you wander over the centre line or on to the edge of the road

Rest stop precautions...

- ❖ Stop at a roadside rest area. If no such facility is available, make sure that you are as far off the highway as possible.
- ❖ If it is after dark, find a lighted area to park.
- ❖ Give yourself a little outside air, but make sure that windows are closed enough to prevent entry from the outside.
- ❖ Lock all doors.
- ❖ Turn on your parking lights and turn off other electrical equipment.
- ❖ After you rest, get out of the vehicle and walk for a few minutes to be sure you are completely awake before you begin to drive again.

Enjoy your holiday!

