



ROAD SAFETY

FATIGUE



MY SAFE ROAD COMPANION

Causes of Fatigue and Risky Times



Staying awake for 17 hours = BAC %0.05

Risk Equivalent to Alcohol Impairment

Staying awake for 17 hours leads to a level of impairment equivalent to having a Blood Alcohol Concentration (BAC) of 0.05%



Critical Time Windows: The Circadian Dip



The risk of accidents is at a high level between 00:00-06:00 and 14:00-16:00, when the body is at its sleepest.

Primary Triggers



Insufficient Sleep (7-9 hours)



Road Monotony



Sleep Apnea

Effects on Driving Safety and Symptoms

Micro-sleep



An involuntary period of sleep lasting between 1 to 30 seconds without the driver's awareness. A vehicle traveling at 100 km/h covers 28 meters of uncontrolled distance in just 1 second.

Reduced Reaction Time



Delayed hazard perception. Reaction time and maneuvering capability are reduced by 30%.



Early Warning Signs



Frequent Yawning



Loss of Focus



Lane Drifting



Inability to recall the last few kilometers