

DRIVING SAFETY DURING RAMADAN



PROLONGED HUNGER

Effects Impact of Hunger on Driving: Low blood sugar caused by prolonged hunger restricts the energy supply to the brain and slows down cognitive processes.

Action Plan If you experience dizziness, fatigue, or distraction while driving, stop driving immediately and take a break.

SLEEP PATTERN

Effects: Sleep interruption caused by Suhoor reduces overall sleep efficiency and leads to momentary lapses known as microsleeps during the day.

Action Plan : Organize your Suhoor schedule to ensure at least 6 to 7 hours of uninterrupted sleep daily. Establishing a sleep routine during the first week is crucial.



WATER CONSUMPTION

Effects: Insufficient fluid intake triggers headaches, dizziness, and intense fatigue beyond the feeling of thirst.

Action Plan: Ensure sufficient water consumption from Iftar until Suhoor.

BEFORE IFTAR

Effects: The anxiety of reaching Iftar on time pushes drivers to exceed speed limits and become aggressive.

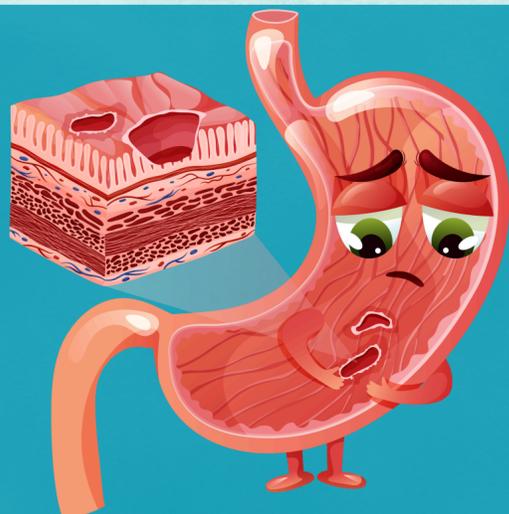
Action Plan: Plan your journey to arrive 30 to 40 minutes before Iftar. If your arrival is delayed, choose to break your fast in a safe parking area.



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AFTER IFTAR



Effects: Consuming heavy and fatty foods at Iftar directs body energy to the digestive system and causes drowsiness and lethargy in the driver.

Action Plan: Allow your body 30 to 40 minutes for digestion before driving after Iftar.

DRIVER PSYCHOLOGY

Effects: Hunger can lead drivers to display aggressive behavior. You may encounter drivers experiencing intolerance and sudden outbursts of anger.

Action Plan: Never engage in arguments in such situations. Avoid eye contact and do not make hand gestures from inside the vehicle.



FOR THOSE WAITING AT THE IFTAR TABLE
PATIENCE BEHIND THE WHEEL, SAFETY ON
THE ROADRAMADAN MUBARAK