



EASTER ROAD SAFETY



Remember the 'Fatal Five' –

- ❖ Speed
- ❖ Alcohol and drugs
- ❖ Fatigue
- ❖ No seatbelt
- ❖ Not paying attention



Fatigue Management -

- ❖ Take a break every 2 hours
- ❖ Make sure someone knows where you are
- ❖ Allow plenty of time for the trip
- ❖ Don't drive tired

Drive to conditions – watch out for soft edges, road works, water over the road, smoke, loose surfaces and the weather.



Watch out for wildlife and livestock on the road – wildlife and livestock often cross or feed near the edge of roads. Plan your trip to avoid driving at night or at dusk or dawn.

Hop-hop-happy Easter



Easter Road Safety – Q & A



What are the signs of driver fatigue?

Yawning or falling asleep at work, short term memory problems, not able to concentrate, poor decision-making and judgment, slower reflexes, feeling sleepy or sluggish, headaches, dizziness, blurred eyesight.

How do you avoid driver fatigue?

- *Plan in advance and take regular breaks every two hours*
- *Start your drive in the morning after a good night's sleep*
- *Avoid driving late at night and very early in the morning*
- *Be aware of animals at dawn and dusk*
- *Take a power nap – a 15 minute powernap may be all you need to recharge*

What affects does Drugs and Alcohol have on driving?

Alcohol and other drugs alter the normal function of the brain and body, and interfere with even the most skilled and experienced driver's ability to drive safely. While different drugs can have different effects on driving, any drug that slows you down, speeds you up or changes the way you see things can affect your driving.

What distractions can affect a driver?

Many things cause distraction. i.e. sickness, worrying about a personal or work matter, feeling overwhelmed with tasks, sitting in an uncomfortable chair, experiencing anger toward a co-worker, or grieving a loss, being away from family and friends.

What should you do if you notice some one is fatigued / affected by alcohol or drugs / generally distracted?

Approach the person and discuss the situation, recommend a person uses the employee assistance program. If you are not comfortable to approach the person then discuss concerns with your Supervisor.

What is the Roper Gulf employee assistance program and how does it work?

It is a free confidential professional service provided by EASA to Roper Gulf employees that assists them in dealing with difficult, upsetting or stressful situations. Counsellors can provide direct assistance or make referrals to specialist agencies for particular problems or for on going support. Employees should call 1800 193 123 for enquiries or to make an appointment.