

FTA Ireland Road Safety Tips



Road Safety affects everyone whether you are driving or are a passenger.

Driver behaviour is accountable for 90% of all road traffic collisions.

As a commercial van driver you have a heightened responsibility. Because you travel more and spend more hours on the road than normal drivers the risk of being involved in or causing collisions on the road increases. You can set a good example to others by driving safely, courteously and with consideration for everyone else on our busy roads. Fatigue (also called exhaustion, lethargy) is the physical and mental impairment brought about by inadequate rest over a period of time.

Research indicates that one in every five crashes on Irish roads could be caused by driver fatigue. Tiredness-related collisions are 3 times more likely to be fatal or result in a serious injury because of the high impact speed and lack of avoiding action. The Road Safety Authority (RSA) urge road users to be aware of the warning signs of driver fatigue, know the risks and keep yourself and your family safe. (www.rsa.ie)

COMMON SYMPTOMS OF DRIVER FATIGUE

- Inability to stay in lane
- Missing your exit
- Not sure of where you are
- Heavy eyelids
- Day-dreaming
- Blurred vision
- Poor concentration
- Slowed reactions
- Impatience



Ideally, people need 7 to 8 hours' sleep every night. Drivers suffering from a sleep debt are at risk of 'nodding off' whilst driving and substantially increasing their risk of being involved in a crash.

IF YOU ARE FEELING THE EFFECTS OF FATIGUE

- Stop, park in a safe place and take a nap for 15 minutes (set your mobile phone alarm). This is the most important tactic.
- To really make the most of the break, take a caffeine drink before the nap (150mg of caffeine e.g. 2 cups of coffee). After the nap, the caffeine should have started to take effect.
- Then get some fresh air and stretch your legs for a few minutes.
- By following all of the above advice you should be able to drive for approximately another hour, however don't ignore the signs of fatigue if they persist.
- Remember: Stop, Revive, Survive

Tel: 01 8447516*
Email: info@ftai.ie

ftai.ie

FTA Ireland CLG (a company limited by guarantee)
Unit 1 DHL Building, Airport Business Park, Cloghran, Co Dublin, K67 A0F4 | Registered in Ireland Number 487041

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