



# #SafeDriver EVERYWHERE, EVERY DAY



I check my vehicle before each trip



I fasten my seatbelt and make sure all passengers do the same



I constantly adapt my speed to road configuration and traffic conditions without ever exceeding the speed limit



I keep a safe distance from the vehicle in front of me and put my foot in front of the brake when approaching a danger



I respect the defined driving and resting times and take a break at the first sign of fatigue



I respect other road users and pay special attention to pedestrians and two-wheelers



I do not use my phone while driving



I do not drive under the influence of alcohol or drugs

Difficulty concentrating on driving

Stiffness in the neck and shoulders

Back pain

Constant need to change position

Itchy or sore eyes

Heavy eyelids

Fixed gaze

Yawning

Need to rub the eyes, touch the face, the neck

Numbness in legs

**Take regular breaks:** take a walk, open the windows/doors, use break times to make sure you eat properly.

**Do not struggle to stay awake:** you're fighting a losing battle. At first signs of fatigue, take a break. It's the only way to get rid of drowsiness.

