



Traffic –  
TotalEnergies Golden Rule No. 2

Commitment No.5

**I don't drive under  
the influence of  
alcohol and take  
regular breaks**

**#SafeDriver**



**TotalEnergies**



# Fast facts

1 in 5 severe accidents is caused by driver fatigue.

Internal TotalEnergies data

The risk of an accident is **tripled** if a driver sleeps less than five hours the night before.

Source: French road safety NGO Prévention Routière

A blood alcohol level of over **0.5 g per liter** of blood (mean 0.05% blood alcohol concentration) increases significantly the probability of a road accident.

Source: World Health Organization (WHO)

Alcohol is a factor in nearly **one-third** of fatal road accidents.

Source: French National Delegation to Safety and Road Traffic

# Best practices

**Make a note of where the hazardous driving areas of your trip are** before leaving and **identify safe rest areas** to take breaks.

**Pay attention to signs of fatigue**, such as burning eyes, stiff neck and the need to shift your position frequently.

**Use breaks** to eat properly.

**Get enough sleep.** The recommended sleep duration is seven to eight hours a night.

# Commitments

Take a **break** at the first signs of fatigue.

Comply with recommended driving and break times:

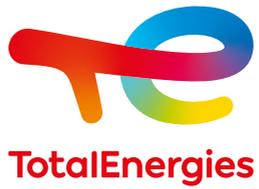


- A minimum **30-minute** break after no more than four-and-a-half hours of continuous driving.
- A maximum **10 hours** of driving per day (total maximum work shift is 12 hours).
- A minimum of **9 hours** off each day.
- A maximum of **56 hours** of driving per week.
- A minimum of **24 hours** off per week.



- A minimum **10-minute** break after two hours of continuous driving.
- A recommended maximum of **7 hours** of driving time per day.

Driving under the influence of alcohol, medication or drugs **is prohibited.**



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