

# Coffee Brake ... Stay Awake

Brake up your drive ...  
and survive!

## Know the symptoms and avoid fatigue.

### Tips on avoiding fatigue to help you arrive safely...

- ✓ Plan your trip with a good night's sleep beforehand.
- ✓ Plan not to travel for more than 8 to 10 hours in any one day. The longer you drive, the more fatigued you are likely to feel. Don't place yourself and others in the car at risk.
- ✓ Take regular breaks, at least every two hours. Plan to take advantage of the Coffee Brake stops. A map indicating locations of participating roadhouses are on the reverse side of this flyer.
- ✓ Start your trip early in the day and plan not to drive into the night. The chances of a crash occurring increases at night.
- ✓ When you stop, get out of the car and walk around for a while - exercise, breathe deeply and only resume driving when you feel alert.
- ✓ Plan to stay somewhere overnight.
- ✓ Whenever possible, share the driving. Passengers can tell if you are looking tired or showing signs of being tired.
- ✓ Eat well-balanced meals on your journey - not too much and not too little - and at your usual meal times. This will also ensure you take proper breaks.



- ✓ Don't drink alcohol **at all** before driving or during rest breaks. Alcohol can make you feel tired more quickly and put you at risk of being over the legal limit to drive.
- ✓ Some medicines can affect your alertness or cause drowsiness. If taking medication, check with your pharmacist or doctor to see if you can stop taking them for the duration of your travel.

For more information on road safety, contact the Road Safety Branch of the Department of Planning and Infrastructure:

Phone: (08) 8924 7019 - Darwin  
(08) 8951 5354 - Alice Springs

Fax: (08) 8924 7077

Email: [roadsafety@nt.gov.au](mailto:roadsafety@nt.gov.au)

Web: [www.roadsafety.nt.gov.au](http://www.roadsafety.nt.gov.au)

## FATIGUE THE HIDDEN KILLER

Fatigue develops slowly and drivers often don't realise they're too tired to drive safely.

Take a brake before its too late.