

# Safety Tips

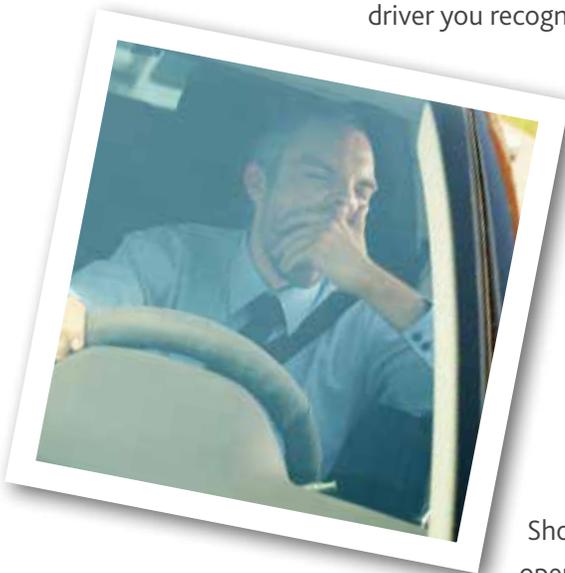


It starts with Scouts.

March 2015

## Wake-up! Drowsy driving is dangerous.

Scouters, youth members and their families are often travelling to and from meetings, camps and other Scouting activities. We all know that drinking and driving doesn't mix, but many people don't realize that driving while tired can be just as dangerous. It's important that as a driver you recognize the warning signs that you are too tired to drive.



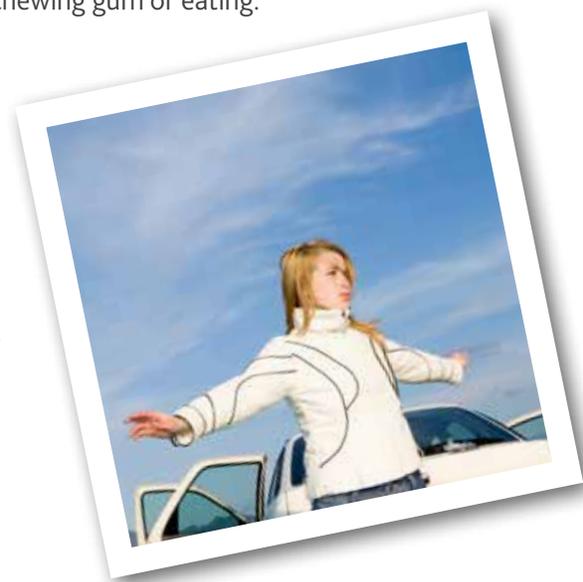
Warning signs of drowsy driving include:

- Blinking or yawning frequently
- Closing eyes for a moment or going out of focus
- Having wandering or disconnected thoughts
- Realizing that you have slowed down unintentionally
- Braking too late
- Not being able to remember driving the last few kilometres
- Drifting over the centre line onto the other side of the road

Short-term fixes for driver fatigue include turning up the radio, opening a window, drinking coffee, chewing gum or eating.

Of course, it's better to prevent fatigue from occurring in the first place. When planning a trip, consider the following:

- Get plenty of sleep the night before a long trip.
- Avoid working all day and then driving all night. Stay overnight rather than driving straight through.
- When scheduling meetings, take into consideration travel time home. Establish an agenda early in the meeting and make every effort to stick to it.



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- Schedule a break every two hours or every 160 km. Stretch or take a walk to get some fresh air.
- If possible, share driving with someone and/or travel with an awake and alert passenger. Having someone to chat with will keep the driver awake and the passenger can also let the driver know if he/she is showing any signs of fatigue.
- If you become sleepy while on the road, STOP. A 20-40 minute nap can help reduce sleepiness.

## Did you know?

Many over-the-counter and prescription drugs for common ailments, including allergies, colds, depression, muscle pain, anxiety disorders and high blood pressure can cause drowsiness, slow reaction time and impair vision and coordination.

