



STAYING ALERT ON THE ROAD

DO NOT

- ✗ Use medications that cause drowsiness.
- ✗ Depend on energy drinks to keep you awake.
- ✗ Use cruise control. Keep your body involved in the act of driving.

MOST IMPORTANTLY

IF YOU BEGIN TO FEEL TIRED OR SLEEPY, PULL OFF THE ROAD AS SOON AS SAFELY POSSIBLE, IN A SAFE, LEGAL AREA AND TAKE A NAP. IF YOU FREQUENTLY FEEL FATIGUED, CHECK WITH YOUR DOCTOR TO SEE IF YOU HAVE A SLEEP DISORDER.

DO

- ✓ Exercise regularly to help keep more oxygen in your blood.
- ✓ Eat a healthy, well-balanced diet on a regular schedule.
- ✓ Keep a regular sleep schedule, even on your days off.
- ✓ Take a break at least every 100 miles or every two hours at appropriate areas.
- ✓ Break the monotony by varying your speed within the limit, talking to yourself, singing along with the radio or chewing gum.
- ✓ Keep the cab temperature cool and allow fresh air in.

This information was obtained from various sources. While we believe it to be reliable and accurate, we do not warrant the accuracy or reliability of the information. These suggestions are not a complete list of every loss prevention measure. The information is not intended to replace the instructions or advice of a qualified professional. Protective Insurance makes no guarantees of the results from use of this information. We assume no liability in connection with the information nor the suggestions made.