



# IF YOU EXPERIENCE ANY OF THESE SIGNS OF FATIGUE

## TIME TO TAKE A BREAK

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- zz Fluctuating speed
- zz Driving slowly in the high speed lane
- zz Changing lanes frequently for no apparent reason
- zz Forgetting to turn off the signal from your last lane change
- zz Forgetting the last mile you drove, mile marker you passed or color of the last warning sign you passed
- zz Driving on the white roadway striping lines
- zz Needing to roll down your window for fresh air
- zz Oncoming headlights bother you
- zz Constantly shifting in your seat
- zz Inability to focus clearly
- zz Needing caffeine or other stimulants to keep you alert

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