

Answers

1. 20
2. Distraction, inattention and poor decisions
3. A micro-sleep is when the driver falls in and out of sleep behind the wheel.
4. A few seconds up to a few minutes.
5. A micro sleep is dangerous because the driver can lose control of the vehicle, resulting in devastating results such as a crash.
6. Yes. The effects of fatigue can impact those driving short distances as the driver can still suffer from the symptoms of fatigue.
7. Making mistakes, eyes blinking at a different rate, yawning, trouble keeping head up, etc.
8. Ideas may include - Fatigue can be hard to detect in the driver, it's hard to penalise a driver if they are tired, fatigue may not be outwardly clear in a driver, etc.
9. Ideas may include - Get 8- 10 hours of sleep the night before, avoid night driving, look out for early signs in the driver, regular short breaks, have a plan B ,etc.



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