

Answers

Fatal factors on the road - Fatigue

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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RAC's School Education is committed to delivering road safety education in Western Australia. We have designed programs to keep students safe on the roads by influencing risk reduction, increasing resilience and encouraging responsible behaviour. We deliver free interactive road safety workshops in schools and a youth road trauma awareness event in metropolitan Perth (RAC bstreetsmart) and regional WA (Project Road Smart).



For the better