

HEALTH AND SAFETY TALKS



SAFETY FIRST



PROTECTION



REGULATION



HAZARDS



HEALTH



INSURANCE

Fatigue

**EASTER SEASON
ROAD SAFETY CAMPAIGN**

**STAY ALERT, STAY
ALIVE**

**FATIGUE KILLS. IF YOU'RE
FEELING DROWSY BEHIND THE
WHEEL, PULL OVER AND REST. : :
A SHORT BREAK COULD SAVE : :
YOUR LIFE AND OTHERS ON
THE ROAD. DON'T DRIVE TIRED.**

#projectEDWARDSA #ARRIVEALIVE

 **transport**
Department
of Transport
REPUBLIC OF SOUTH AFRICA

 **Road Traffic**
Management Corporation

 **ARRIVE ALIVE**

 **2030
NDP**

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SAFETY FIRST



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HAZARDS



HEALTH



INSURANCE

you keep yawning

your reactions slow down

you feel stiff your eyes feel heavy

you find you are day dreaming

you wander over the centre line or

on to the edge of the road



burning eyes

day dreaming

blurred vision

loss of concentration

drifting into other lanes

poor gear selection

misjudging distance to another vehicle

loss of vigilance

temporary dozing off



Signs of Driver Tiredness

Signs of Driver Tiredness



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ASPASA

Small surface mine association