

Signs that you are driving drowsy

- Difficulty focusing, keeping your eyes open or your head up.
- Yawning, rubbing your eyes or blinking frequently.
- Trouble remembering the last few miles driven.
- Missing exits, traffic signs or turns.
- Drifting from one side of the road to the other or drifting from lane to lane.

If you are exhibiting signs of driving drowsy, you should:

- Do not continue to operate the vehicle.
- Immediately notify your supervisor and request relief.



Do not put yours or anyone else's safety in jeopardy.