

## Driver Fatigue

Fatigue can happen to drivers long before they fall asleep at the wheel. Fatigue is tiredness, weariness or exhaustion and it can affect driver's reaction time and ability to focus on the road and traffic around them.

### The signs:

- Reduced concentration
- Sore eyes
- Day dreaming
- Slow reactions
- Blurry vision

### Common effects of fatigue on driving are:

- drifting off the road
- more frequent and unnecessary changes in speed
- not reacting in time to avoid a dangerous situation

### Tips to improve your alertness:

- Get plenty of sleep before a long journey
- Plan to drive during times of the day when you're normally awake
- Snack light and stay hydrated
- Share the driving

These are only short-term solutions. The best solution is finding somewhere to stop and sleep. Schedule a break at least once every hour, and whenever you begin to feel sleepy. Try to avoid napping in the driver's seat, and try not to nap for longer than 40 minutes.

## Speeding

Remember to drive safely within speed limits and to the conditions. The faster you travel, the less time you have to respond to hazards – and if you crash the impact will be greater, resulting in more severe injuries.

## Auckland to Kerikeri

# AVOID DRIVER FATIGUE & ENJOY THE JOURNEY

Journey Planner including  
recommended break stops  
and areas of interest



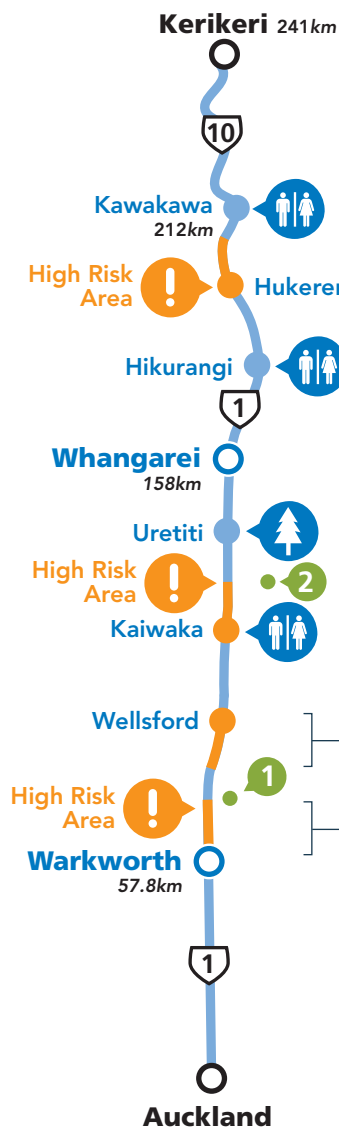
For more information visit  
[AT.govt.nz/saferjourneys](https://www.at.govt.nz/saferjourneys)

# Auckland to Kerikeri

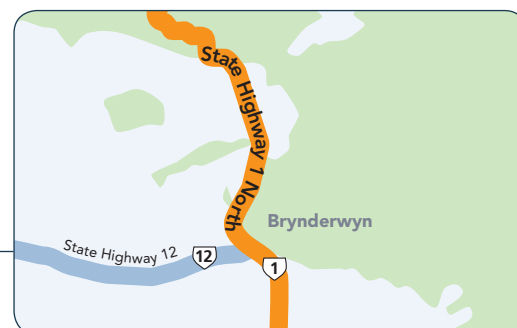
PLAN AHEAD TO MINIMISE THE RISK OF FATIGUE

# High Risk Areas

GEOGRAPHICAL LOCATIONS



**Hukerenui**  
Reduce speed and take care on bends.



**Brynderwyn**  
Reduce speed and take care on bends.



**Wellsford**  
Reduce speed and take care when over taking.



**Dome Valley**  
Reduce speed and take care on bends.

- Drive with caution in this area
- Recommended Break (no public toilet)
- Public toilet

- Area of Interest  
Sheep World  
SH1 (4km north of Warkworth)
- Waipu Museum  
36 The Centre, Waipu