DRIVING TIRED

= DRIVING DRUNK

Lack of sleep affects your driving the same way alcohol does.





17 HOURS AWAKE = 0.05 BAC

24 HOURS AWAKE = 0.10 BAC

MICROSLEEPS = LOSS OF CONTROL

- ⚠ Slower reaction time
- ⚠ Poor decision making
- ⚠ Reduced awareness
- ⚠ Increased crash risk

IF YOU'RE TIRED – DON'T DRIVE!

Stop. Rest. Stay Safe.

Safety starts with you

RIGS HQ