Poster: Too tired or unwell? Speak up. Park up.

Fatigue and work diary - checked 8 Nov 2026

If you're too tired or unwell to drive safely, stop. Since 1 August 2026, you must not drive a heavy vehicle while impaired by fatigue or unfit to drive - even if you're within your work and rest hours. Speak up to your boss, then park up somewhere safe. Download the poster for your yard or lunchroom.

The rule

From 1 August 2026, a driver must not drive any heavy vehicle over 4.5 t GVM while impaired by fatigue or unfit to drive - even if they are within their permitted work and rest hours. Being within your hours doesn't mean you are fit to drive.

Warning signs

- Yawning, heavy or sore eyes
- Drifting in your lane or changing speed without meaning to
- Missing signs, turns or exits
- Not remembering the last few kilometres
- Feeling sick, dizzy or not thinking straight
- Taking medicine that makes you drowsy

Speak up

Tell your boss or scheduler as soon as you know you aren't fit to drive. You won't always feel it coming, so don't wait until you're struggling.

Park up

- Pull over somewhere safe - a rest area, truck stop or depot.
- Rest or sleep before you go on.
- If you're unwell, get help and don't drive until you're fit.

For bosses and schedulers

Everyone in the chain of responsibility must make sure, so far as reasonably practicable, that their

activities don't cause or encourage a driver to drive while fatigued. Drivers must be able to stop when they need to, without pressure - plan for it.

Download the poster

The full A2 poster is attached to this post as a PDF. Print it on A3 or A2 for your yard, lunchroom or depot.

General information, not legal or medical advice.

Sources

NHVR - Work and rest hours - https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management/work-and-rest-hours

NHVR - Fatigue management - https://www.nhvr.gov.au/safety-accreditation-compliance/fatigue-management

NHVR - 2026 Master Code of Practice - https://www.nhvr.gov.au/safety-accreditation-compliance/industry-codes-of-practice/2026-master-code