

# TAP Safety

## Brief 9



### Fatigue

#### Signs of Fatigue

- ✓ Yawning or rubbing your eyes?
- ✓ Blinking frequently, with heavy eyelids, and difficulty focusing?
- ✓ Trouble keeping your head up?
- ✓ Drifting from your lane, or hitting rumble strips?
- ✓ Changing speed randomly?

**YOU'RE ALREADY FATIGUED**

**STOP**

#### Effects of Fatigue

**REDUCES ALERTNESS**  
**S L O W S**  
**REACTION TIMES**  
**DECREASES AWARENESS OF HAZARDS**  
**3x**  
**MORE LIKELY TO BE INVOLVED IN A ROAD CRASH**

**1 in 5**  
**FATAL AND SERIOUS ROAD CRASHES DUE TO FATIGUE**

**17 HOURS AWAKE**  
is equivalent to a blood alcohol content of **0.05%**

**THE ONLY CURE FOR FATIGUE IS SLEEP**



Questions? Contact us at [tapwhs@amazon.com](mailto:tapwhs@amazon.com)

