



## Don't wake up to a microsleep nightmare!

We've all seen the TV adverts about fatigued drivers being unsafe drivers.

And like most people, you listen to the safety message, then forget about it because...

"Maaaate, I never get sleepy when driving, I roll down the window to let the cold air in, crank up the Acca Dacca and I'm good for another few hundred clicks".

In fact, that's exactly what 104 of our people were probably thinking over the past 12 months, when they were captured on Guardian cameras while driving fatigued.

But here's an even scarier thing!

Eight of those drivers actually fell into a microsleep behind the wheel - either alone or with their crew mates in the vehicle.

And who knows how it could have ended if the rumble and audio alerts fitted in our vehicles didn't wake them up in time.

In fact, stats show a 3 second microsleep along a highway travelling at 100kph, will basically see you cover the distance of Suncorp Stadium - totally blind.

Want some more perspective - 3 seconds elapsed while you were reading that last sentence, so imagine what could be going horribly wrong on the road while you're snoozing away at the wheel.

The best advice we can give is - don't be a hero!

We get it - you're hot, you're covered in dirt, you're tired from working your butt off and you just want to get back to camp or home to shower off the day in the field.

But before you take that wheel remember, there's no shame in handing it to someone else who's more alert and will get you and your crew mates home safe.

And if our words of warning don't convince you that microsleeps can go pear-shaped really quickly, take a look at an MPK lad fatigued behind the wheel who nearly didn't go home to his family.

[Click Here](#) *\*NB this is a video from 2019.*

If you're fatigued, forget it!

