

# DRIVING TIRED KILLS. TAKE A 20 MINUTE BREAK.



**COFFEE.  
REST.  
SURVIVE.**



Road Safety  
SCOTLAND

#ARRIVEALIVE

ROADSAFETY.SCOT



Safer  
Scotland  
Scottish  
Government

**OPENING A WINDOW WON'T WAKE YOU UP.  
SLAPPING YOURSELF DOESN'T MAKE YOU LESS SLEEPY.  
TURNING UP YOUR MUSIC WON'T KEEP YOU ALIVE.**

**You know not to drive tired,  
but if circumstances mean you can't avoid it, follow these tips:**

# **COFFEE.**

**Have a caffeinated drink and rest for 20 minutes to allow it to kick in.**

# **REST.**

**Break up long journeys with an overnight stay.**

**Plan regular breaks.**

# **SURVIVE.**



**#ARRIVEALIVE**

**ROADSAFETY.SCOT**

