

# STAY ALERT - STAY ALIVE

1. Have you been tailgating?
2. Are you changing lanes for no apparent reason?
3. Are you having a difficult time maintaining a constant speed?
4. Are you braking for no apparent reason?
5. Are you driving on the white lines?
6. Do you keep jerking the wheel to stay in your lane?
7. Have you drifted onto the shoulder of the roadway?
8. Are you constantly shifting in your seat?
9. Did you roll down your window for some fresh air?
10. Are oncoming headlights bothering you?
11. Are your eyes closing or going out of focus by themselves?
12. Are your eyes starting to burn?
13. Are you having wandering or disconnected thoughts?
14. In the last hour, did you calculate the exact time you would arrive at your destination?
15. Have you adjusted your radio more than once in the last hour?
16. Do you need stimulants to stay alert (caffeine, coffee, soda)?
17. Did you forget to turn off your turn signal from the last lane change?
18. Are other vehicles getting on your nerves?
19. Are you not aware that you are being passed by other vehicles?
20. Are you not able to remember the last warning sign you passed?

**If you answer «YES» to four or more of these questions,  
you are starting to experience fatigue.**

**IT'S TIME TO TAKE A BREAK!**

Developed by Parents Against Tired Truckers (PATT)  
with data from Arizona Department of Public Safety