



TIRED? STOP AND REST!



WE'VE GOT ADVICE FOR ALL ROAD-USERS.
STAY AWAKE. STAY ALIVE. WE CAN MAKE
OUR ROADS SAFE, **BETTER TOGETHER.**



SICEBISA BONKE ABASEBENZISI BENDLELA.
SINGENZA IINDELA ZETHU ZIKHUSELEKE.
SINGENZA NGCONO SISONKE.



UDINIWE? MISA UPHUMLE!

Being tired when you're on the road can kill you and your passengers. If you fall asleep behind the wheel, you're putting your life in danger. If you're getting tired, stop. Take a break. Rest. And be safe.

THE SIGNS OF FATIGUE:

- You can't keep your eyes open and struggle to stay focused
- You yawn a lot and miss road signs and exits
- You drift between lanes
- You feel irritable and restless
- You can't keep your head up
- You daydream and have disconnected thoughts

WHAT YOU CAN DO:

- Plan your journey well in advance
- Do not exhaust yourself the day before a long trip
- Don't drive during your body's downtime (generally between 1am and 5am)
- Never use alcohol or drugs before your trip
- Avoid sleeping tablets the night before you leave
- Allow yourself to take short breaks along the way: a 10 minute stop-over at least every 2 hours or every 200km
- Get out and stretch your legs at a safe place along the road
- Wear good quality sunglasses that won't strain your eyes
- Avoid eating big, heavy meals
- Keep the temperature in the vehicle normal: if it's too hot or too cold it can make you feel even more tired
- Make sure there are no leaking exhaust fumes
- Rest when you are not driving

Xa udiniwe uqhamba endleleni kungayi ngozi kakhulu oko kuwe nakubakhweliswa bakh. Xa usozela uqhamba ubeka ubomi bakh o esichengeni. Xa udiniwe, misa. Uphumle uze uhale ukhuselekile.

IIMPAWU ZOKUDINWA:

- Ubanengxaki yokugcina amehlo evulekile nokupwalasela
- Uzama njalo-ungaboni imiqondiso yendlela neziphambuka odula kuzo
- Uqib'indlela
- Uthukuthezele kwaye ungqunga-ngqunge
- Intloko ayigcineki ithe qwa
- Ubanemibono kwanokungacingi ngqo

UNGENZA NTONI:

- Lungiselela uhambo lwakho ngethuba
- Ungazidini ngosuku olwandulela uhambo olude
- Musa ukuphamba ngesha umzimba ukwizinga lokohlalaka! (phakathi kwentsimbi ka jam no 5am)
- Sukusele utywala nezizobisi phambi kohambo olude
- Sukusele ilipilisi ezilalisayo ngobusuku phambi kohambo
- Phumla imizuzu emalunga neshumi (10 minutes) rhoqo emva kokuphamba iiyure ezimbini endleleni (2hrs) okanye umgama oyi 200 kms
- Misa kwindawo ekhuselekileyo uphume wolule imilenze
- Khusele ukudinwa kwamehlo ngokuthi unxibe iindondo zamehlo ezisemgangathweni
- Sukutya ngokugqithisileyo phambi kohambo
- Ubushushu okanye ukubanda okugqithisileyo ngaphakathi kwesithuthi kunganegelelo oligqithisileyo ekudinweni
- Xa ungaphubi, qinisekisa ukuba uyaphumla ngokwaneleyo