



25 September 2019

## **Stop when you are tired**

As school holidays approach and families prepare for road trips around the state, the RACT has teamed up with primary school students to remind drivers to stop when they're tired.

RACT Executive General Manager, Membership and Community, Stacey Pennicott said it was important that motorists were fresh and alert when driving and took a break if they felt fatigued.

"Fatigue is one of the Fatal Five contributors to road deaths in Australia, alongside speeding, not wearing a seatbelt, alcohol and drugs and distraction," she said.

"Fatigue can impair reaction times, impact on concentration and judgement and can cause motorists to fall asleep while driving."

Ms Pennicott said RACT believed it was important to educate drivers about the dangers of driving while tired.

Motorists who have been awake for 17 hours are seven times more likely to have a crash.

They also have the same risk of being involved in a crash as someone with a blood alcohol reading of 0.05.

Further, going without sleep for 24 hours has the same effect as a blood alcohol reading of 0.1.

The reminder to never drive tired is a key message of the RACT's Golden Rules of Road Safety campaign, aimed at reducing road deaths and serious injuries on the road.

The campaign involves students from three primary schools in the south, north and north-west discussing each of the 12 rules in a series of videos.

These videos are being posted on RACT's social media channels each week, with the students setting challenges for Tasmanians to abide by on the road.

The 12 Golden Rules were created by the Federation Internationale de l'Automobile (FIA), the representative body for auto clubs across the globe, to address the 3500 lives lost on the world's roads each year. In Tasmania, approximately 300 people are either seriously injured or killed on the state's roads each year.

The campaign concludes next week.

Follow the campaign on RACT's social media channels @RACTOfficial and website at [www.ract.com.au/community/advocating-change/golden-rules](http://www.ract.com.au/community/advocating-change/golden-rules)

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