



DRIVER SAFETY BULLETIN – SAFE HOLIDAY DRIVING

Stay safe on the roads these holidays

With school holidays coming up, it's worth taking the time to make sure that your driving is as safe as possible to ensure a pleasant, safe and enjoyable journey.

Holiday driving differs from our normal day-to-day driving, including such aspects as towing a caravan or driving in the snow. Drivers often find themselves confronting unfamiliar roads and different weather conditions.

It is common on long trips for drivers to suffer from fatigue and to increase their speed to arrive at their chosen destination faster. This type of behaviour leads to dangerous driving, which can result in a disastrous holiday. It is important to note that drinking coffee, energy drinks, playing loud music and opening your window will only temporarily postpone fatigue. As soon as drivers feel tired or drowsy it is recommended that they immediately pull over for a 15 minute powernap¹.

Tips for a successful holiday:

- Make sure you get a good nights sleep the night before
- Before your holiday, book your car in for a service
- Plan your trip, ensuring enough time to get to your destination to prevent speeding
- Avoid driving at night¹
- Have a break at least every 2 hours - make use of the 220 Driver Reviver Sites which open across Australia during holiday season²
- Share the driving
- Secure luggage to prevent any projectiles in the case of sudden braking¹

Drive safely,
The team at Innovation Group

¹TAC, <http://www.tacsafety.com.au/isp/content/NavigationController.do?areaID=8&tierID=1&navID=D43476D7&navLink=null&pageID=41>, viewed 30/08/2010

¹ Driver Reviver, <http://www.driverreviver.com.au/>, viewed 30/08/2010