

Driver Fatigue

Fatigue can happen to drivers long before they fall asleep at the wheel. Fatigue is tiredness, weariness or exhaustion and it can affect driver's reaction time and ability to focus on the road and traffic around them.

The signs:

- Reduced concentration
- Sore eyes
- Day dreaming
- Slow reactions
- Blurry vision

Common effects of fatigue on driving are:

- drifting off the road
- more frequent and unnecessary changes in speed
- not reacting in time to avoid a dangerous situation

Tips to improve your alertness:

- Get plenty of sleep before a long journey
- Plan to drive during times of the day when you're normally awake
- Snack light and stay hydrated
- Share the driving

These are only short-term solutions. The best solution is finding somewhere to stop and sleep. Schedule a break at least once every hour, and whenever you begin to feel sleepy. Try to avoid napping in the driver's seat, and try not to nap for longer than 40 minutes.

Speeding

Remember to drive safely within speed limits and to the conditions. The faster you travel, the less time you have to respond to hazards – and if you crash the impact will be greater, resulting in more severe injuries.

Auckland to Hamilton

AVOID DRIVER FATIGUE & ENJOY THE JOURNEY

Journey Planner including
recommended break stops
and areas of interest



For more information visit
[AT.govt.nz/saferjourneys](https://at.govt.nz/saferjourneys)

Auckland to Hamilton

PLAN AHEAD TO MINIMISE THE RISK OF FATIGUE

High Risk Areas

GEOGRAPHICAL LOCATIONS

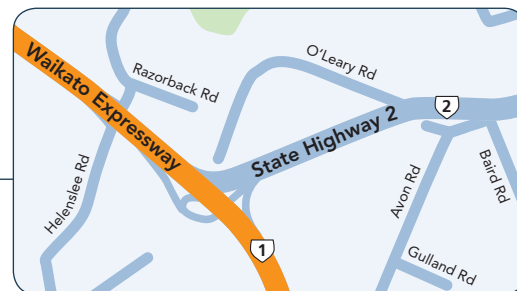


! Drive with caution in this area

Public toilet

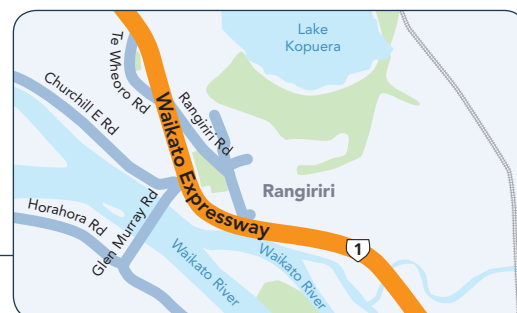
1 Area of Interest
Waikato Coalfields Museum
26 Harlock Place, Huntly

2 Cornerstone Alpaca Stud
49 Peach Road, Gordonton



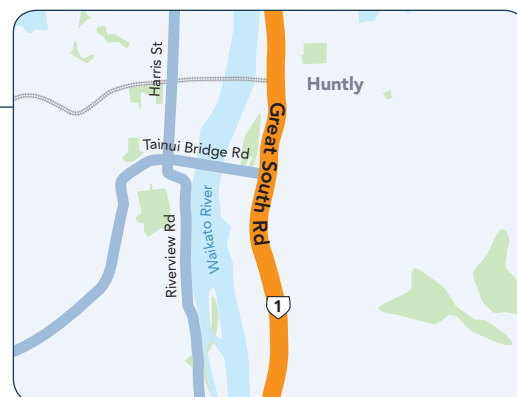
**Waikato Expressway
Exiting to
State Hwy 2
Exit 477**

Be cautious of queues turning off to Coromandel Exit 477.



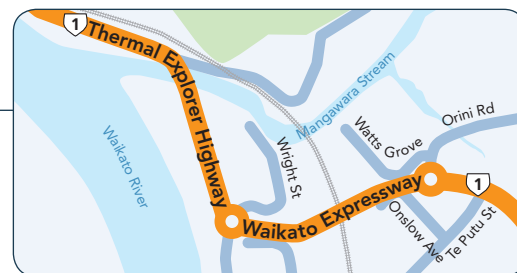
Rangiriri

State Highway 1 speed limit 50km, on the stretch of road through the town.



Huntly

State Highway 1 speed limit 50km, on the stretch of road through the town.



Taupiri Roundabout

Reduce speed on roundabout