OUR ROADS SAFER, BETTER TOGETHER.
STAY AWAKE, STAY ALIVE. WE CAN MAKE
WE. WE GOT ADVICE FOR ALL ROAD-USERS.

SICEBISA BONKE ABASEBENZISI BENDLELA.
HLALA UPHAPHAMILE. HLALA UPHILA. SINGENZA IINDELLELA ZETHU ZIKHUSELEKE. SINGENZA NGCONO SISONKE.
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 15 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

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**UGHENZA NTONI?**

1. Isiko odyqgqeni ikhaya
2. Lwethukuthwenzwe kwaye ungaphunye-ugqunye
3. Ungqasa, indlela
4. Ngezitholaza odyqgqeni ukuze ukhunda
5. Ngezitholaza odyqgqeni ukuze ukhundla
6. Ngezitholaza odyqgqeni ukuze ukhundla
7. Ngezitholaza odyqgqeni ukuze ukhundla

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**IMPAWU ZOKUWINDWA**

- Uphumelele uze ukhundelele
- Ubeka umbo bakho esibungazela xa ndaweni, misa, oko Kwwe nakuphakwaziya bakho, xa usesa, ukhunda xa uwinde uqhuba ukuze uqhuba ukuze uqhuba.