

AWAKE WHEEL

You are **3x** more likely to be in a
CAR CRASH IF YOU ARE TIRED.



20 HRS
NO SLEEP
=
0.08%

Driving after being awake for more than **20 HOURS**
is like driving with a blood alcohol content of **0.08%**,
THE LEGAL LIMIT IN CALIFORNIA!

More than **90,000*** police-reported
crashes involved drowsy drivers each year.



**Data from 2017 NHTSA report.*

PREVENTABLE MEASURES

When taking long trips, schedule a **BREAK EVERY TWO HOURS OR 100 MILES.**



Drowsy driving crashes occur most frequently between **MIDNIGHT AND 6 A.M.**, and also in the late afternoon.

Always check the labels on your **PRESCRIPTION** and **OVER-THE-COUNTER MEDICATIONS** to make sure they don't cause drowsiness.



Visit **gosafelyca.org** for more safety tips and information.

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AWAKE  **WHEEL**

 **SAFELY**
CALIFORNIA
CALIFORNIA OFFICE OF TRAFFIC SAFETY