

BEFORE YOU DRIVE: ALERTNESS CHECK

Take 60 seconds before starting the vehicle. Be honest: reaching your destination is never more important than reaching it safely.

SLEEP AND ALERTNESS

- ☐ I obtained enough sleep for my age and personal sleep needs.
- ☐ I have not been awake for an unusually long period.
- ☐ I feel alert - not heavy-eyed, foggy, irritable or unable to focus.
- ☐ I am not already yawning repeatedly or struggling to keep my head up.

MEDICATIONS, HEALTH AND SUBSTANCES

- ☐ I checked prescription and over-the-counter medication labels for drowsiness warnings.
- ☐ I am not impaired by alcohol, cannabis or another substance.
- ☐ A sleep disorder or health condition is not leaving me unusually sleepy.
- ☐ If I am uncertain about a medication, I have asked a pharmacist or healthcare professional.

THE TRIP

- ☐ I considered the time of day, trip length, traffic and weather.
- ☐ For a longer trip, I planned breaks and identified safe places to stop.
- ☐ Someone knows my travel plan when appropriate.
- ☐ I have a backup plan: another driver, a ride, a safe stop or an overnight stay.

IF ANY ANSWER RAISES CONCERN

Delay the trip, change drivers, arrange a ride or rest before driving. Do not start a trip hoping that music, cold air or willpower will make you alert.

MY SAFE-TRAVEL PLAN

Primary driver: _____ Backup driver/ride: _____

Planned stopping point(s): _____

If I notice warning signs, I will: _____

DRIVER COMMITMENT

I will pay attention to my alertness, react immediately to warning signs and refuse to risk one more mile.

Signature: _____ Date: _____