

90 SECONDS

A live drowsy-driving and injury-prevention presentation from REST - Recognize Exhaustion for Safer Travel.



One decision. Ninety seconds from home. A life changed forever.

Russ Burris combines practical prevention education with the firsthand reality of a crash that left him paralyzed from the chest down at age 18.

WHAT PARTICIPANTS LEARN

- ✓ Why drowsy driving can affect anyone - even after a generally adequate night of sleep
- ✓ Risk factors, basic sleep needs and times when risk rises
- ✓ Physical and mental warning signs that demand an immediate response
- ✓ Why common tricks do not reliably overcome fatigue
- ✓ Practical ways to prevent a drowsy-driving crash and make a safe plan
- ✓ How a single microsleep or nod of the head can cause permanent consequences

THE DIFFERENCE IS THE HUMAN CONNECTION

This is not a safety lecture built only from facts and statistics. Russ is there in person. Participants meet someone whose life changed because he believed he could safely drive one more mile. His story gives a face and a name to the numbers and shows the daily reality of living with a spinal cord injury and using a wheelchair since age 18.

The central message is immediate action: recognize what your body is telling you, respond before your alertness deteriorates further, and never bargain for a little more distance.

PRESENTATION FORMAT

Length	Flexible
Foundation	Approximately 45-60 minutes, including Q&A
Adaptation	Can be shortened or expanded to fit the host's schedule and objectives
Delivery	In-person is strongly preferred because audience connection is central to the program
Audience size	Available for groups of any size
Technology	PowerPoint presentation; Russ can bring his own laptop when needed

TWO AUDIENCES. ONE LIFE-SAVING MESSAGE.

Schools and businesses receive equal attention, with content and examples adjusted so the message is relevant to the people in the room.

MISSOURI SCHOOLS	BUSINESSES AND ORGANIZATIONS
Available at no cost to Missouri schools through MoDOT grant funding. • Primarily for ages 15 and older: students learning to drive, holding permits or already driving • Any classroom selected by the school, including health, driver education or another appropriate course • High-school assemblies or another format that fits the school's schedule and needs • Especially relevant to teens who regularly drive, including late at night • Pre- and post-presentation surveys support grant measurement requirements	Available nationwide as a professional safety presentation. • Tailored to the workforce, driving exposure and safety priorities • Relevant to fleets, transportation, shift work, field service, healthcare, manufacturing and any organization whose people drive • Connects fatigue awareness with injury prevention, duty of care, and the human and financial consequences of preventable crashes • Supports safety meetings, conferences, driver programs and organization-wide events Contact REST for program details and a customized proposal.

ABOUT RUSS BURRIS

Russ is an award-winning, nationally recognized drowsy-driving and injury-prevention speaker and the founder of REST. Since 1992, he has shared his story with schools, businesses, organizations, communities and conferences. He was named the 2019 ThinkFirst National VIP of the Year and has appeared in national media and the National Road Safety Foundation film Almost Home.

BRING 90 SECONDS TO YOUR SCHOOL, BUSINESS OR ORGANIZATION

To learn more or request a program go to:
RESTforsafety.com

