

# Fatigue and Traffic Accidents

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If you wish upon a star



If I was a rich man


































# 20%

Country	Lives Saved	Country	Lives Saved
 Argentine	1473	 Korea	1168
 Australia	298	 Lithuania	74
 Austria	127	 Luxembourg	10
 Belgium	191	 Malaysia	1349
 Canada	426	 Netherlands	129
 Czech Rep	180	 New Zealand	77
 Denmark	61	 Norway	42
 Finland	56	 Poland	914
 France	855	 Portugal	168
 Germany	830	 Slovenia	34
 Greece	291	 Spain	543
 Hungary	164	 Sweden	72
 Ireland	48	 Switzerland	70
 Israel	80	 United Kingdom	467
 Italy	847	 United States	6762
 Japan	1154		

## TOTAL 18959 LIVES SAVED


































# 15%

Country	Lives Saved	Country	Lives Saved
 Argentine	1105	 Korea	876
 Australia	224	 Lithuania	56
 Austria	95	 Luxembourg	7
 Belgium	143	 Malaysia	1012
 Canada	320	 Netherlands	97
 Czech Rep	135	 New Zealand	58
 Denmark	45	 Norway	32
 Finland	42	 Poland	686
 France	641	 Portugal	126
 Germany	623	 Slovenia	26
 Greece	218	 Spain	407
 Hungary	123	 Sweden	54
 Ireland	36	 Switzerland	52
 Israel	60	 United Kingdom	351
 Italy	636	 United States	5071
 Japan	866		

## TOTAL 14219 LIVES SAVED



# 10%

Country	Lives Saved	Country	Lives Saved
 Argentine	577	 Korea	584
 Australia	736	 Lithuania	37
 Austria	149	 Luxembourg	5
 Belgium	63	 Malaysia	675
 Canada	96	 Netherlands	64
 Czech Rep	213	 New Zealand	38
 Denmark	90	 Norway	21
 Finland	30	 Poland	457
 France	28	 Portugal	84
 Germany	427	 Slovenia	17
 Greece	415	 Spain	271
 Hungary	146	 Sweden	36
 Ireland	82	 Switzerland	35
 Israel	24	 United Kingdom	234
 Italy	40	 United States	3381
 Japan	424		

## TOTAL 9480 LIVES SAVED





This might be funny







This is not



## The main reasons for traffic accidents in Israel 2007 according to the police data



Proportion of fatal  
accidents due to

Not obeying traffic light or road sign	9.7%
Leaving your own lane	14%
Tailgating	7%
Taking other vehicle's right of way	10%
Excessive speed	17.5%
Wrong turn	1.5%
Pedestrian's Behavior	17%
Driving under the influence of alcohol or drugs	7.5%
Illegal overtaking	2.7%
Other and personal	4.2%





# 1. Extent



10% - 25% of all traffic accidents are related to fatigue because...

At least 25% admit having fallen asleep behind the wheel at least once in the past year



At least 50% admit having fallen asleep behind the wheel at least once

Between 3% and 10% of the driving population suffer from sleep apnoea



## 2. Fatigue or Sleepiness is caused by

Lack of sleep



Disturbed (interrupted) sleep



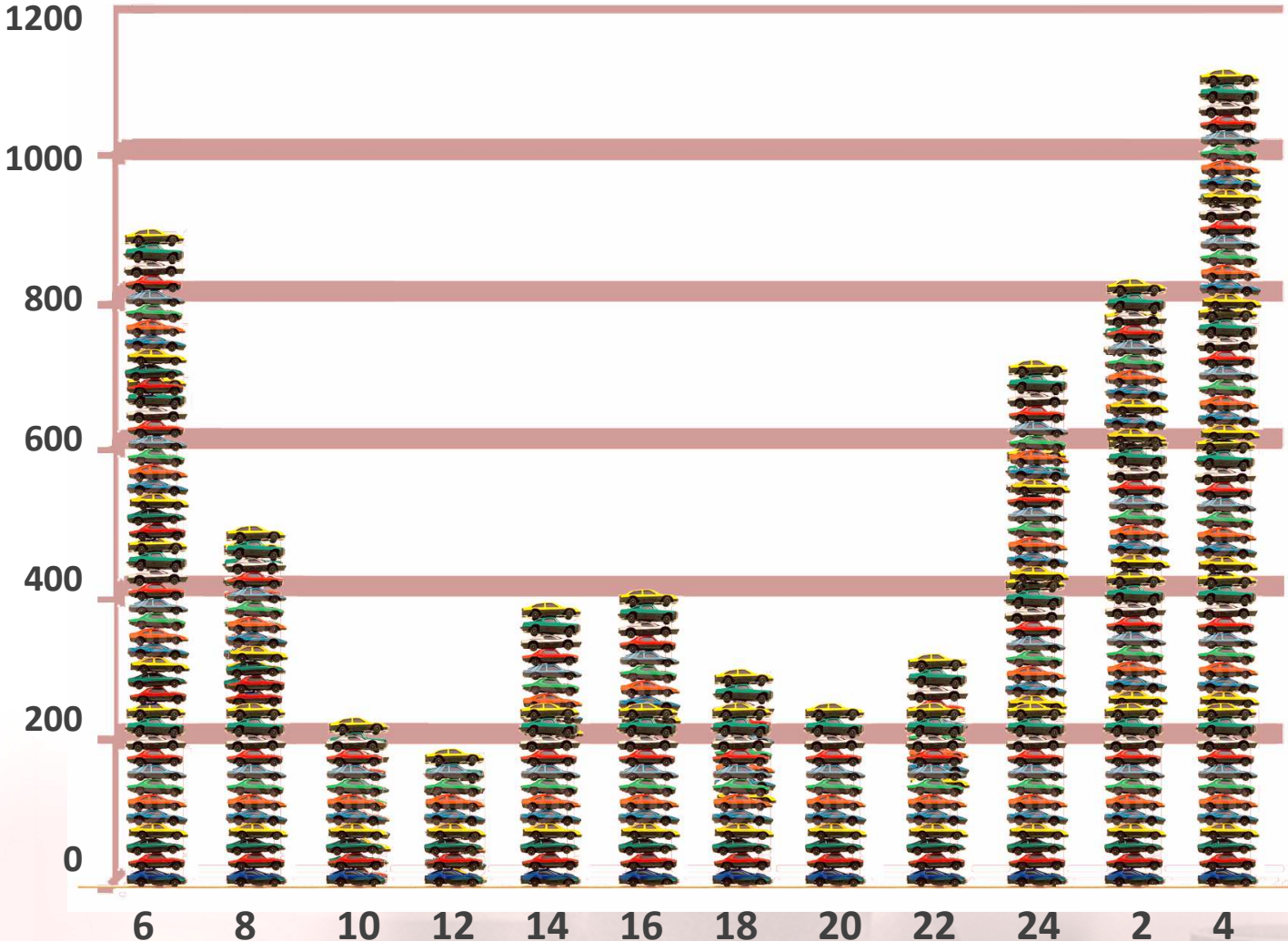
Monotony



Alcohol, drugs, medication, time of the day, temperature etc

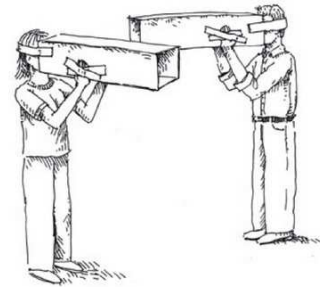
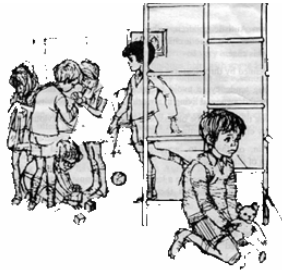


# Number of traffic accidents per driven mile by time of day



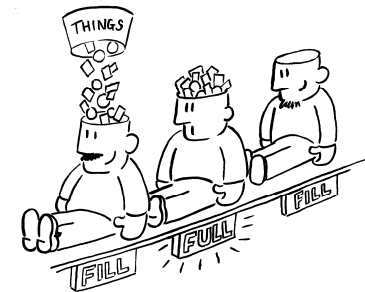
# 3. Effects

Impaired communication skills



Tunnel vision

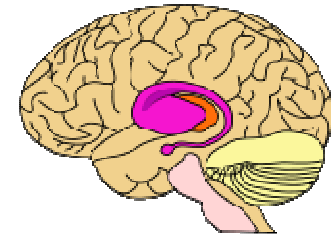
Memory problems



Longer Reaction times



Impaired intellectual functioning



Interference in psychomotor coordination

Reduced alertness



irritableness and aggressive driving style



## 4. How bad can it be ?

After being awake 17hrs you function as if you have 0.05 BAC



After being awake 24hrs you function as if you have 0.10 BAC



## 4. How bad can it be ?





# 5. How to deal with fatigue if you are the driver?

Sleep enough before you drive



Coffee or energy drink and 20min snooze



Cognitive Task



Motor task like eating sunflower seeds



## 6. How to deal with fatigue if you are the government ?

Create laws against driving whilst tired and enforce them



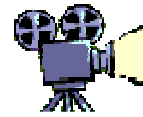
Invest in educational campaigns and attitude changing projects e.g. “Think”



## 6. How to deal with fatigue if you are the government ?

Target trucking companies with explanations, programs and enforcement





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..and if I put you to sleep,



Please don't drive....!

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