

Driver fatigue in France

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What are we speaking about?

Fatigue

- **Drowsiness**

- **Lack of watchfulness**

- **Weakness: sometimes when the police is unable to explain how a crash occurred, its report mentions that « the driver must have had a blackout »**



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Some definitions

- **Fatigue**: a growing difficulty to continue to perform a specific task. The remedy is to rest (e.g. to stop every 2 hours while driving for a long journey)
- **Drowsiness**: to be unable to remain awake. The remedy is going to sleep. Even for a period of time of only 20 to 30 minutes it's very efficient.
- **Weakness**: physiological trouble which could lead to a faint.



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Some data

- **Data from the French Motorways Companies Association:**
 - *drowsiness would be at the origin of 1 crash out of 3 on motorways,*
 - *every year 28% of the drivers would have experiment drowsiness behind the wheel,*
 - *11% of the drivers would have experiment a « near crash »*
- **Data from the French National Interministerial Road Safety Observatory:**
 - *the item taken into account is: « weakness-fatigue »*
 - *this item would be at the origin of 8% of fatalities on the French road network (18% on motorways).*



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More detailed data (1)



Motorways			Other roads & streets			Total			
W/F fatalities	All fatalities	%	W/F fatalities	All fatalities	%	W/F fatalities	All fatalities	%	
2000	78	499	16%	513	7144	7%	591	7643	8%
	72	461	16%	443	7259	6%	515	7720	7%
	78	493	16%	408	6749	6%	486	7242	7%
	97	415	23%	358	5316	7%	455	5731	8%
	41	301	14%	343	4931	7%	384	5232	7%
	59	324	18%	355	4994	7%	414	5318	8%
	57	296	19%	299	4413	7%	356	4709	8%
	55	273	20%	288	4347	7%	343	4620	7%
	40	234	17%	308	4041	8%	348	4275	8%
	43	225	19%	292	4048	7%	335	4273	8%
2010	43	238	18%	269	3754	7%	312	3992	8%



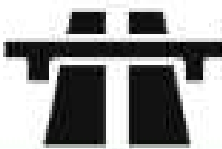

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Drowsiness: when during the day (24 hours)?

- Drowsiness exists in the night of course,
 - - But in the day as well, especially after the lunch
 - - The phenomenon is more likely to appear in case of « sleep debt »
 - More than 1/3 of French people are sleeping less than 6 hours per night, which is not sufficient (in average),
 - When a long driving journey is planned (e.g. holidays), it's important to sleep well the nights before.



More detailed data (2)

Year	Motorways			Other roads & streets			Total			
	W/F fatalities	All fatalities	%	W/F fatalities	All fatalities	%	W/F fatalities	All fatalities	%	
2010	43	238	18%	269	3754	7%	312	3992	8%	
2010	DAY	26	120	22%	191	2115	9%	217	2235	10%
	NIGHT	17	118	14%	78	1639	5%	95	1757	5%

Conclusions

- Stop and sleep as soon as you have: reiterated yawns, eyelids movements, etc...Drowsiness is there!
- Sleep at least 15 minutes minimum
- Drowsiness risk is more important during the day than during the night (post-meal drowsiness)
- Stop every 2 hours to fight against fatigue
- French campaigns in summer 2011 to raise awareness about drowsiness: “stop and sleep” is the only solution
- Opening the window and/or listen to the music loudly are not solutions.



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Fore more details :

<http://www.securite-routiere.gouv.fr/>

Thank you for your attention



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