

# Facts about Fatigue

## Fatigue could be a factor in up to 20 percent of fatal crashes — make sure you stop, revive, and survive

Fatigue is a silent killer. If you are fatigued, you can have microsleeps – brief periods of sleep which could range from a few seconds to several minutes when you actually lose consciousness. Sometimes you'll be aware that your eyes have closed or your head has nodded but you can have a microsleep and not know about it.

**If you have a four-second microsleep while you're travelling at 100 km/h, you'll cover 111 metres – that's more than the length of five cricket pitches – and your car will be completely out of your control.**

The best way to prevent driver fatigue is to make sure you have enough sleep before you drive and to take frequent rest breaks while you're travelling. If you can't change drivers, you need to stop for at least ten minutes every two hours and preferably get out of your car.

Roadside rest areas are provided along South Australia's major highways so you'll have somewhere where you can park safely off the main road. The strip maps in this guide show where they can be found. You can also stop at roadhouses and towns along or near the highway.

**Enjoy your visit or drive in South Australia but make sure you stop, revive, and survive.**



Most rest areas have firm, all weather parking surfaces, picnic seats and rubbish bins — they provide a place to take a break, get out of the car, have something to eat or drink, and dispose of your rubbish. Rest areas are designed to be entered from the same side of the road as you are travelling and usually have a separate exit so you don't have to turn around to get out again.

Some rest areas have additional facilities – such as information boards or drinking water – indicated by symbols.

Some rest areas are not suitable for use by trucks or heavy vehicles – these are indicated by the truck symbol and diagonal bar. Rest areas specifically designed for use by trucks are indicated by the truck symbol and capital P.

# Facts about Fatigue

**Don't ignore the warning signs –**

**Yawning • Drowsiness • Head nodding**

**Eyes drooping or closing**

**Boredom • Restlessness**

**Slow reactions • Oversteering**

**Fatigue crashes can occur at any time of the day**

**They are most likely to occur if you're driving at times when you would normally be asleep**

**You are most at risk of a fatigue crash between 4 am and 8 am**

**A large number of fatigue crashes also occur between 12 noon and 2 pm – just after lunch**

**Fatigue crashes can also occur on short trips, too – even close to home**

## Stop. Revive. Survive.

### Here are some hints to manage the risks of fatigue

Get a good night's sleep before you start a long trip.

Plan your trip so you're not driving at times when you're normally asleep – don't start too early in the morning and don't start a long trip after a full day's work.

Share the driving wherever possible and don't try to drive too far in one day.

You should plan to take a break at least every two hours. Stop for at least ten minutes and, if you can, get out of the car and move around.

Younger children travelling with you might need a break more often, otherwise they can become restless and distract the driver.

Make sure you get plenty of fresh air. If you're using the heater or air conditioner, shift the air flow control to "fresh air" or open a window every 20 minutes or so.

Children need to be occupied. Look for car games and puzzles in book stores and libraries. If children have CD players, get them to use headphones.



Every effort has been made to ensure that the information in this Roadside Rest Area Guide is complete and accurate at the time of printing. However, if you notice any errors or omissions, or would like to suggest improvements, we would be pleased to receive your feedback for future editions. Please contact the Transport SA Call Centre, telephone 13 10 84.



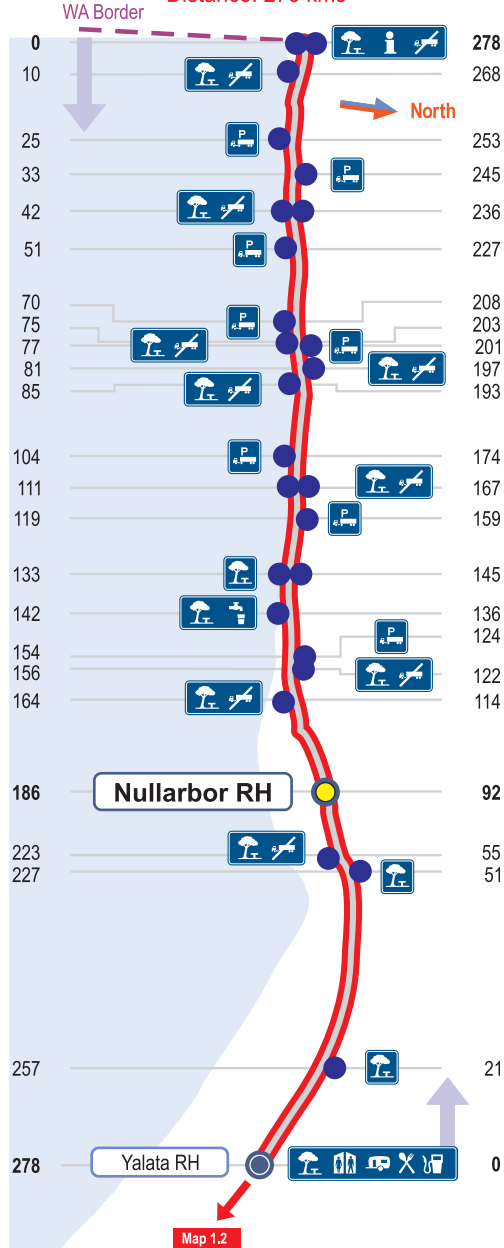
NH = National Highway RH = Roadhouse

## 1.1: Eyre Highway

NH A1: Western Australia Border to Yalata RH

Don't miss the spectacular coastal views along the Great Australian Bight

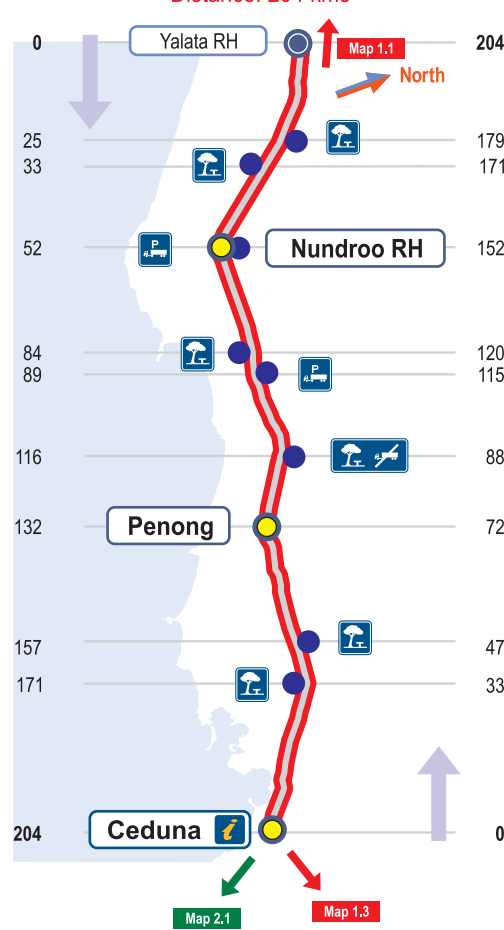
Distance: 278 kms



## 1.2: Eyre Highway

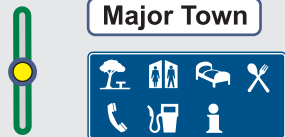
NH A1: Yalata Roadhouse to Ceduna

Distance: 204 kms



### Services in major towns

#### Major Town

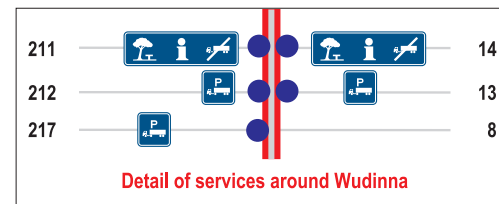
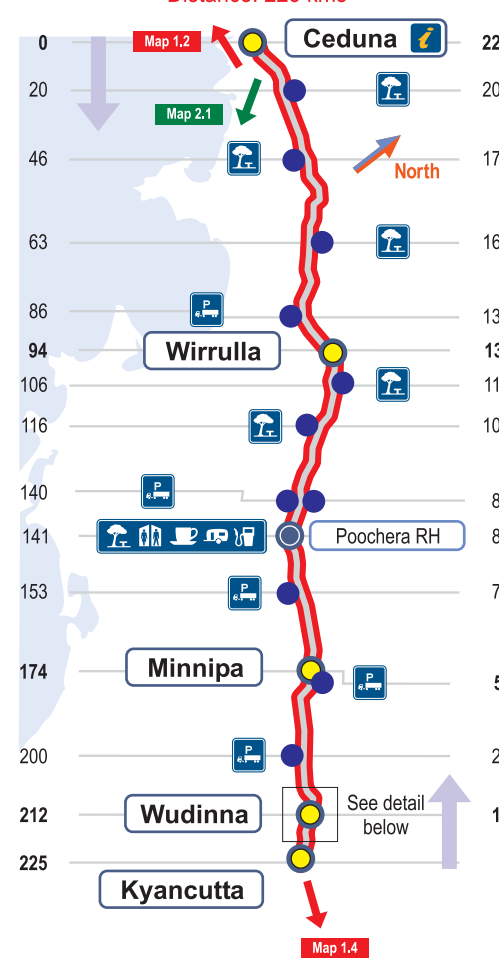


Major towns designated by the yellow dot will generally have the services indicated. Specific additional features such as Information Centres will be indicated by icons.

## 1.3: Eyre Highway

NH A1: Ceduna to Kyancutta

Distance: 225 kms



Detail of services around Wudinna

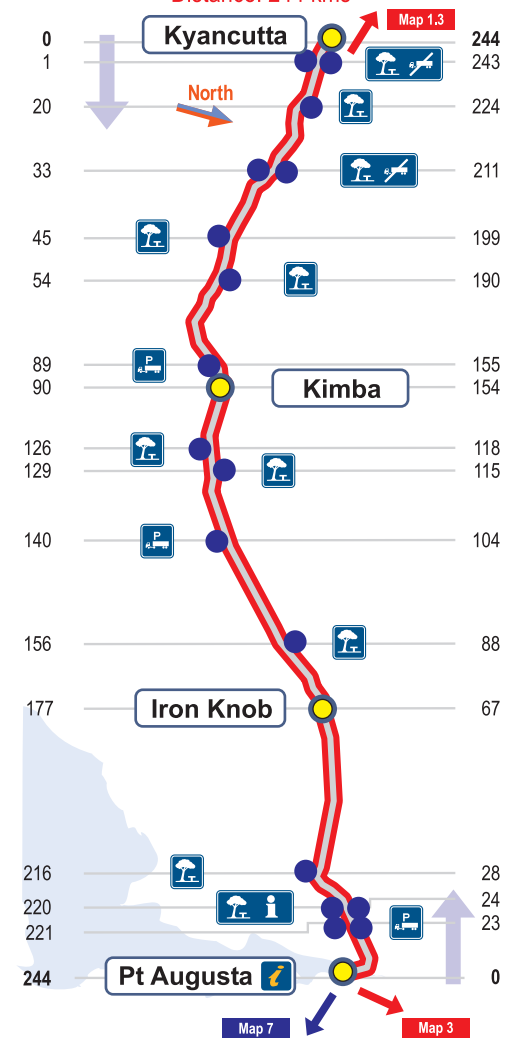


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## 1.4: Eyre Highway

NH A1: Kyancutta to Port Augusta

Distance: 244 kms

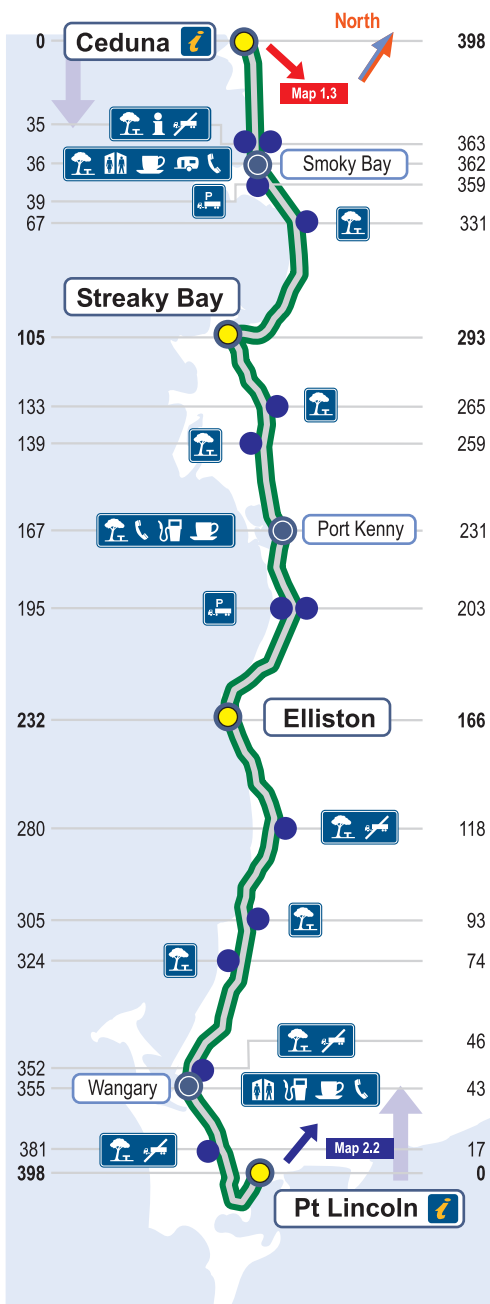


**Take care on country roads**  
Five out of six crashes in rural areas  
occur on sealed roads

## 2.1: Flinders Highway

**B100:** Ceduna to Port Lincoln

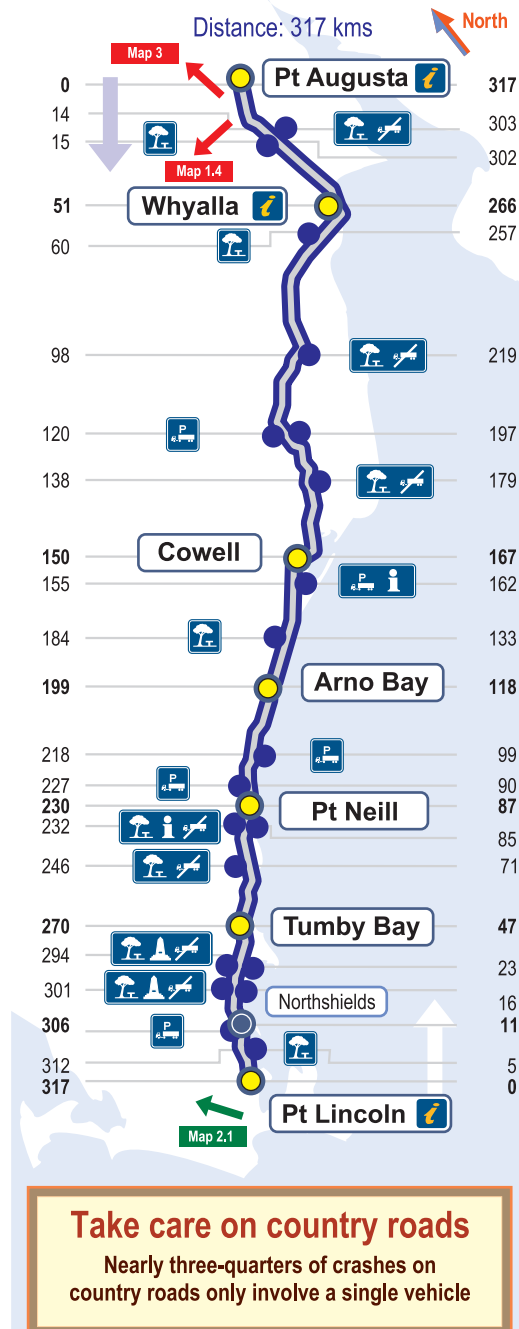
Distance: 398 kms



## 2.2: Lincoln Highway

**B100:** Port Lincoln to Port Augusta

Distance: 317 kms



**Take care on country roads**

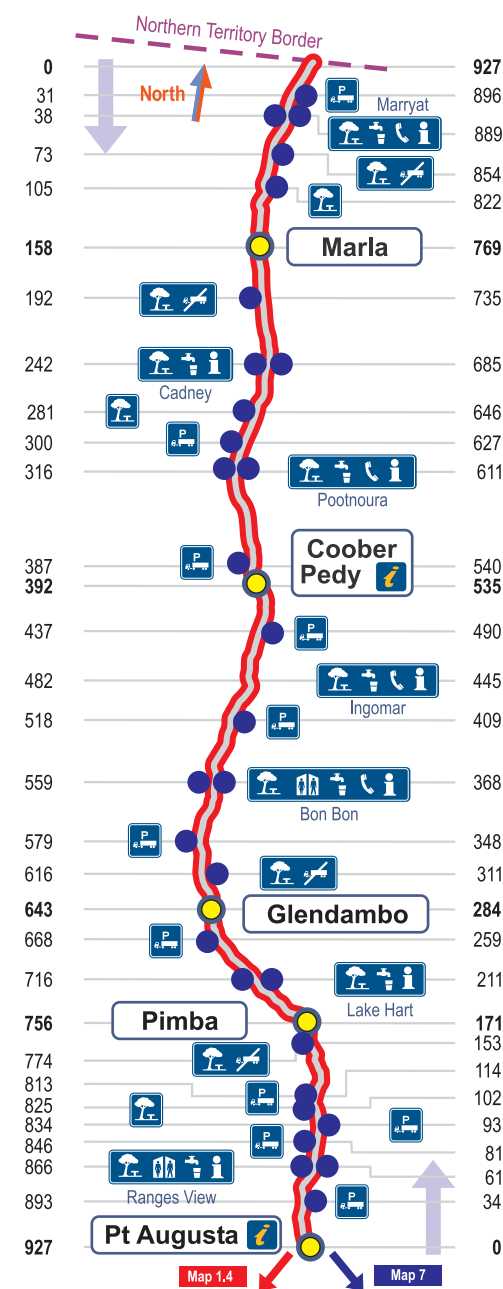
Nearly three-quarters of crashes on country roads only involve a single vehicle

## 3: Stuart Highway

**NH A87:** Pt Augusta to the Northern Territory Border

All named major sites along this highway also have a rainwater tank, vehicle shelter, and Explorer Highway displays

Distance: 927 kms



International Visitors ...  
please take special care  
on country roads

Crashes involving international visitors tend to occur in rural areas and are often more severe than crashes involving local road users.

Most of our visitors come from countries which drive on the same side of the road as we do but almost one third are accustomed to driving on the right.

Driver Reviver is a national campaign which encourages drivers to take regular rest breaks when travelling.

Driver Revivesites operate in South Australia during school holiday periods as part of the longest running and most extensive campaign of this type in Australia. The sites provide a welcome break from driving, and free coffee, tea and a biscuit for travellers.

Driver Revivesites are supported by volunteers from a range of community groups.

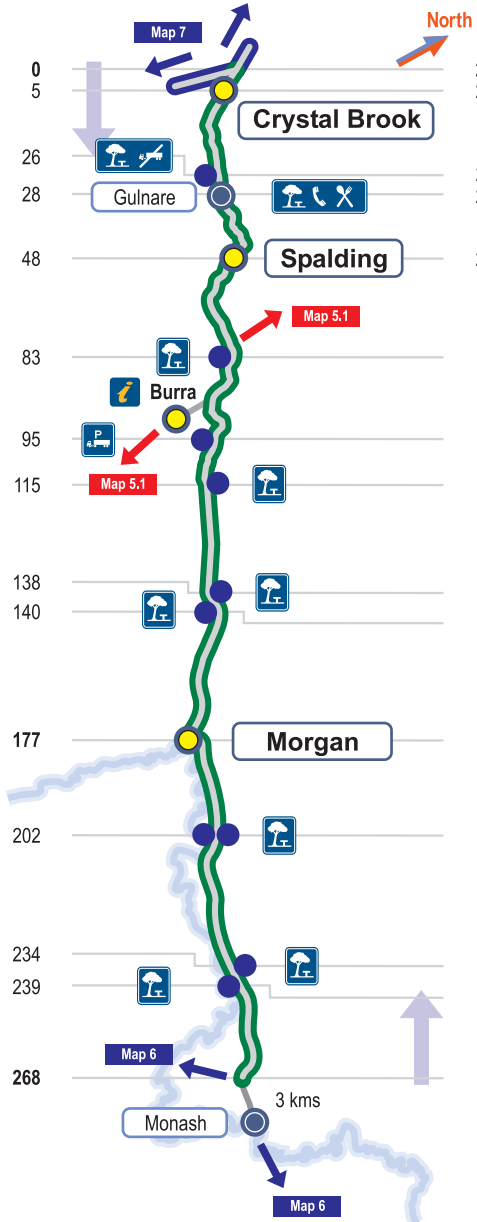


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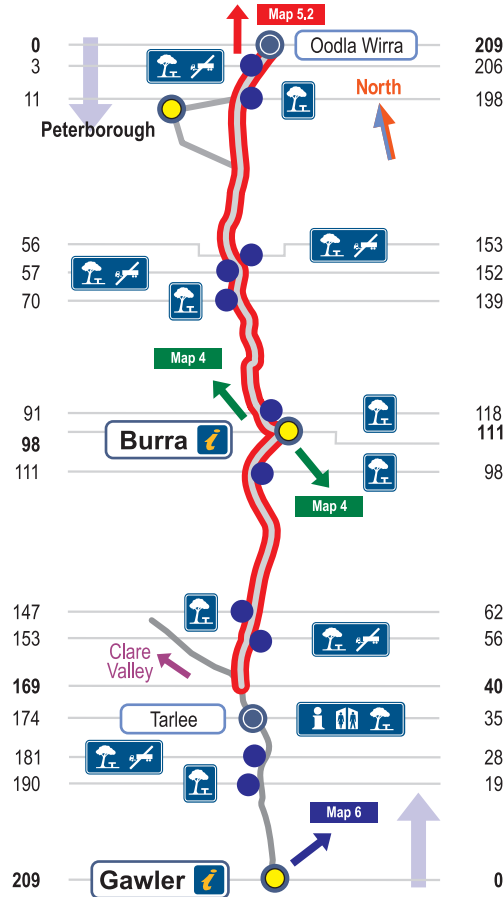
## 4: Goyder Highway

**B64:** Crystal Brook to Monash  
Connects National Highway One and the Sturt Highway  
Distance: 268 kms



## 5.1: Barrier Highway

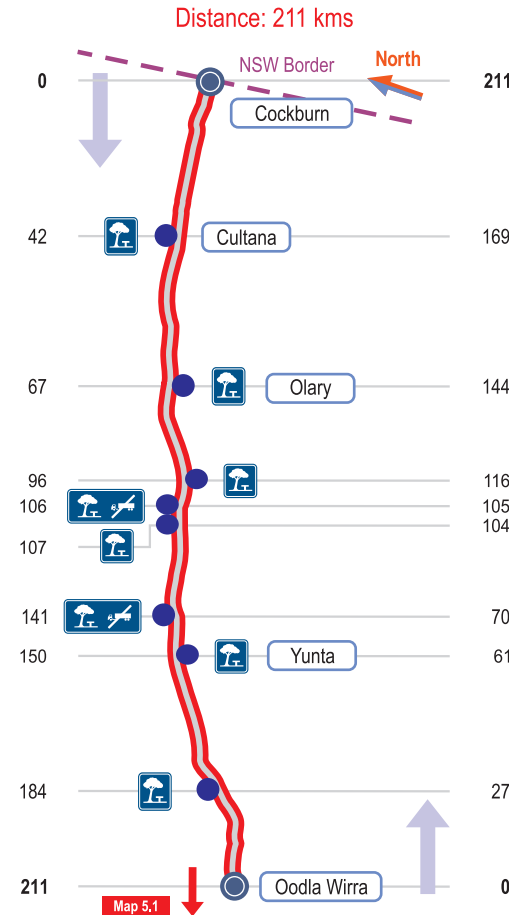
**NH A32:** Gawler to Oodla Wirra  
To Broken Hill via historic Burra  
NOTE: Barrier Highway begins 5 km north of Tarlee  
Distance: 209 kms



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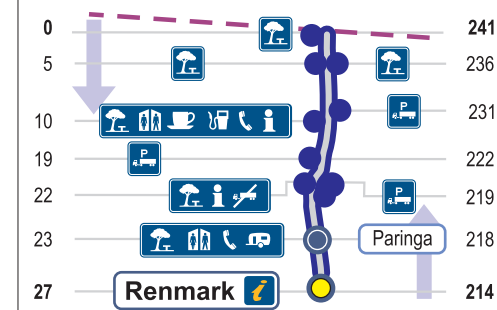
## 5.2: Barrier Highway

**NH A32:** Oodla Wirra to Cockburn



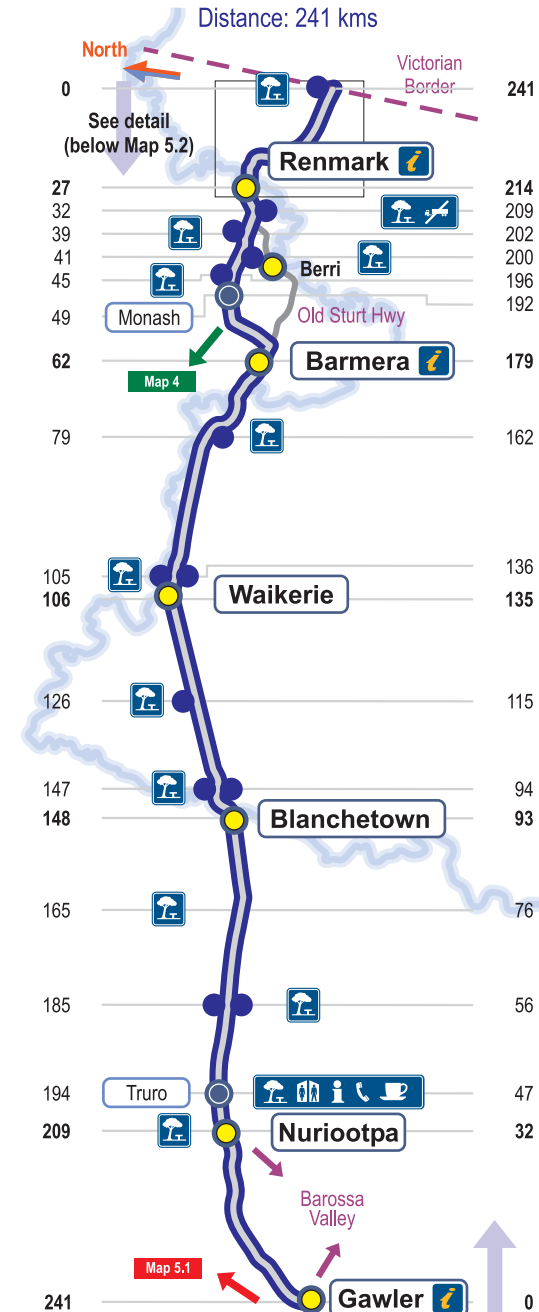
### Sturt Highway

Detail of services from Renmark to Victorian border



## 6: Sturt Highway

**NH A20:** Gawler to Victorian Border  
To Mildura via the Riverland

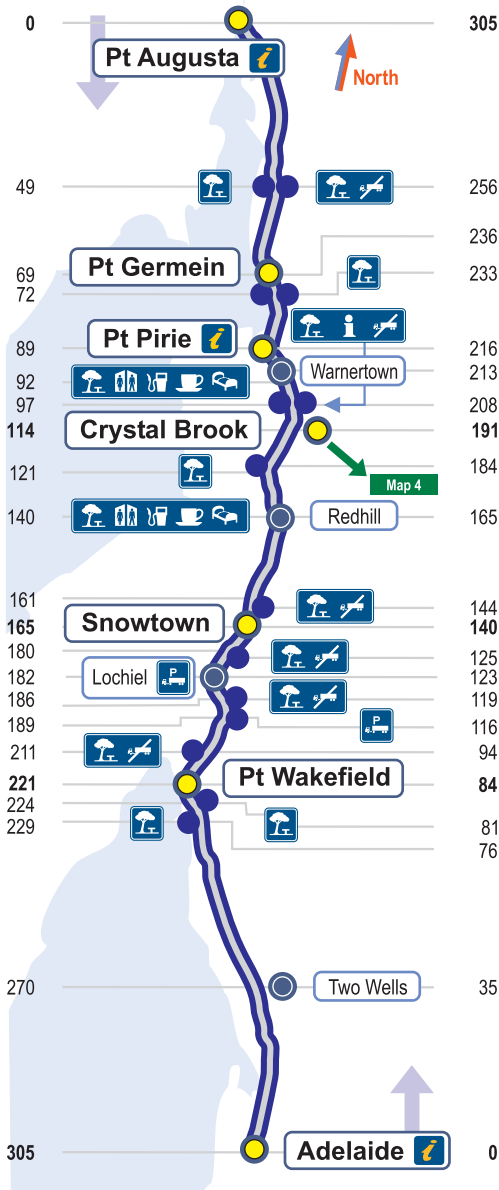




## 7: National H'way One

NH A1: Adelaide to Port Augusta

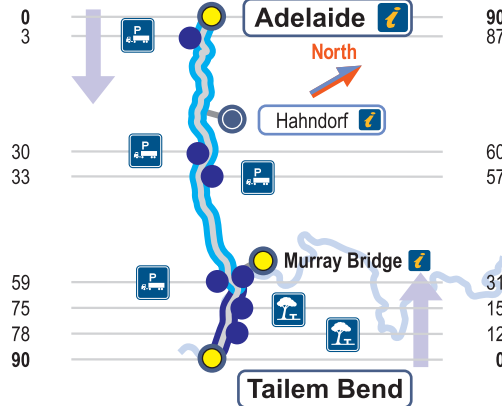
Distance: 305 kms



## 8.1: Princes Highway

NH A1: Adelaide to Tailem Bend  
South Eastern Freeway M1 from the Tollgate (Glen Osmond) to the Swanport Bridge across the Murray

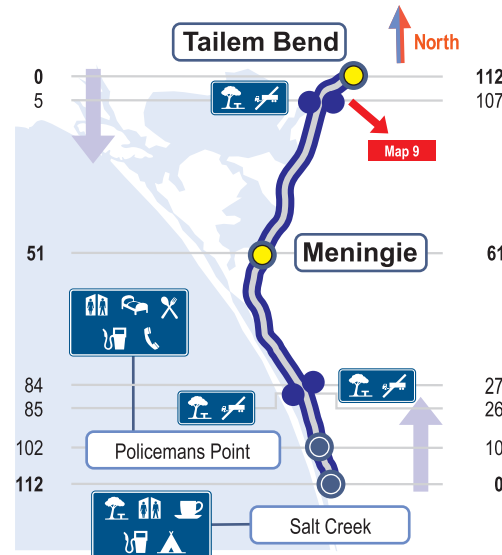
Distance: 90 kms



## 8.2: Princes Highway

B1: Tailem Bend to Salt Creek  
Lake Alexandrina and the Coorong National Park

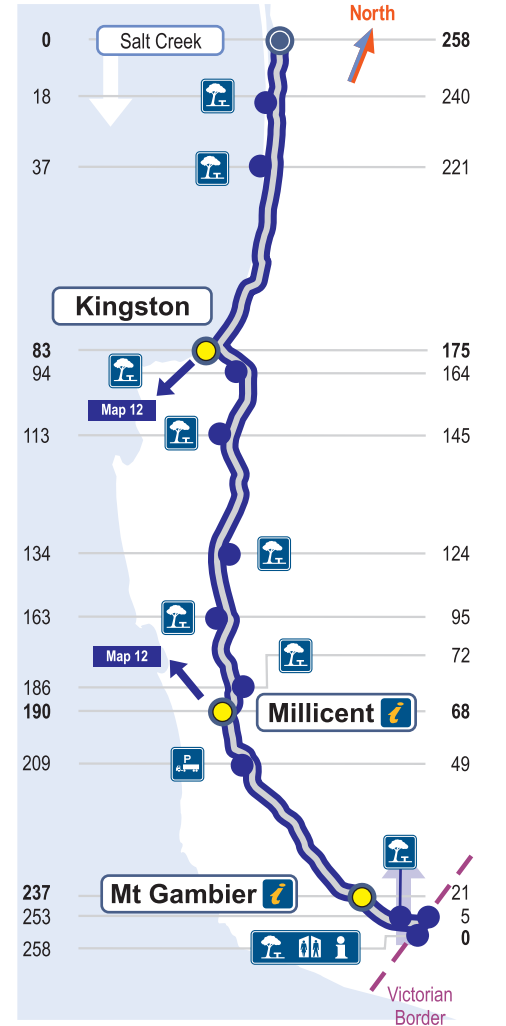
Distance: 112 kms



## 8.3: Princes Highway

B1: Salt Creek to Victorian Border  
via Meningie, Kingston and Mount Gambier

Distance: 258 kms



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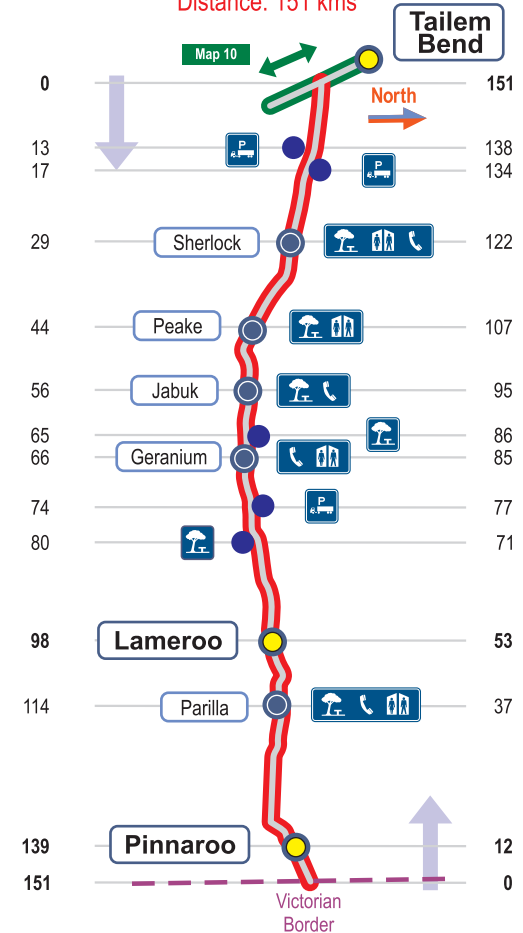
**Take care on country roads**

The most common type of fatal or serious crash is a collision with a fixed object such as a tree

## 9: Mallee Highway

B12: Tailem Bend to Victorian Border  
(distances measured from Dukes Highway turnoff)

Distance: 151 kms



### Services in major towns

#### Major Town

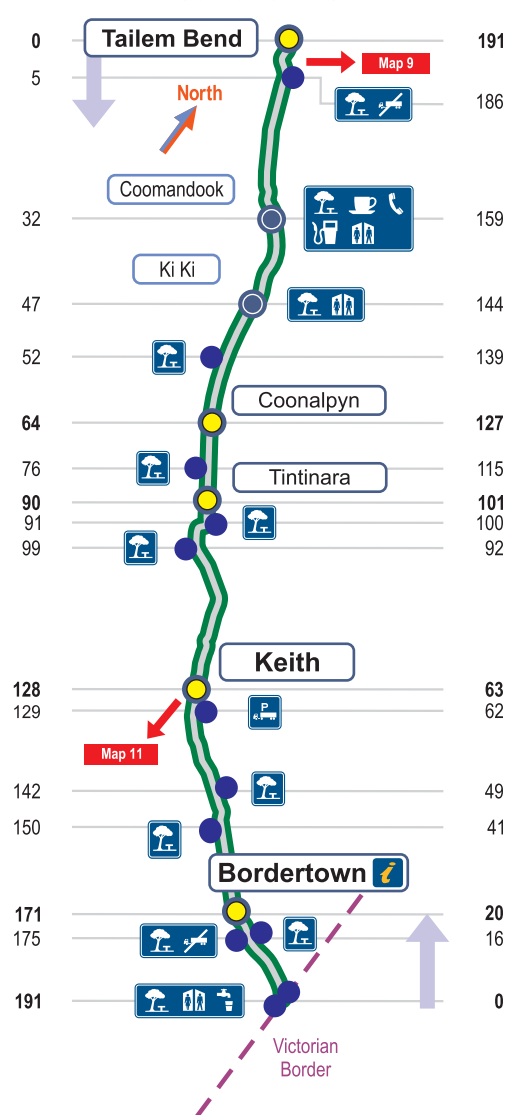


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## 10: Dukes Highway

NH A8: Taillem Bend to Victorian Border

Distance: 191 kms



### Take care on country roads

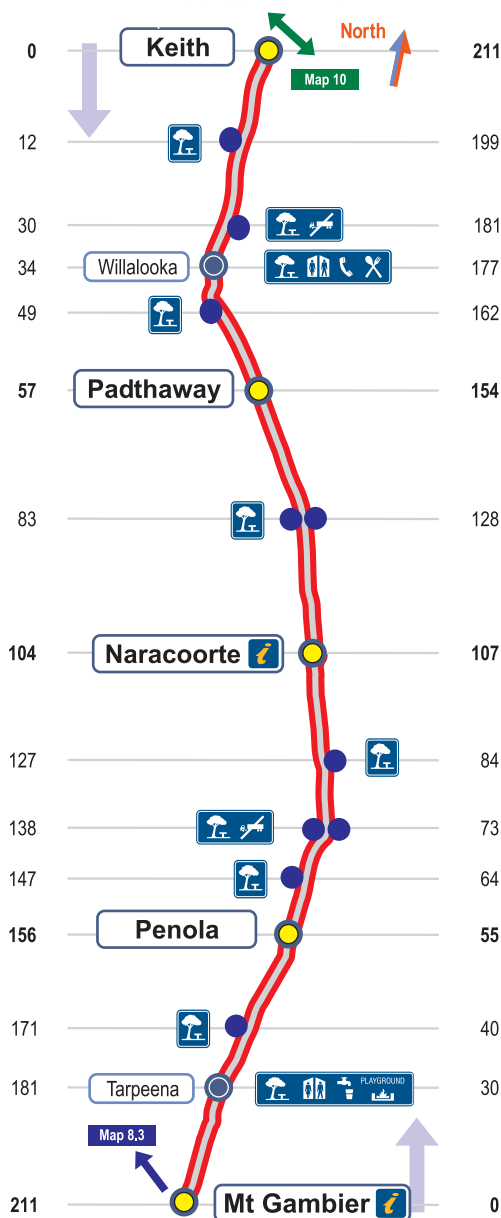
Nearly three-quarters of crashes on country roads only involve a single vehicle

## 11: Riddoch Highway

A66: Keith to Mount Gambier

The soils of the South East yield spectacular caves and world famous wines

Distance: 211 kms

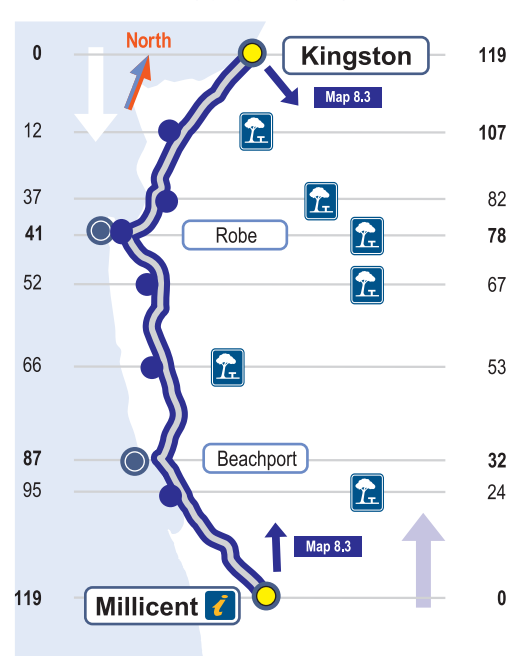


## 12: Southern Ports

B101: Kingston SE to Millicent

An alternative to the Princes Highway taking in many attractions of the Limestone Coast

Distance: 119 kms



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### Take care on country roads

Five out of six crashes in rural areas occur on sealed roads



KESAB

environmental solutions

## Leave no trace

Always carry a car tidy bag when you're travelling. Dispose of litter responsibly. Use a bin or, better still, please take your litter away with you even if a bin is provided.

If you are a smoker please use your vehicle ash tray and dispose of your cigarette butts properly – they can cause fires and are very dangerous to animals when ingested.

Protect roadside vegetation. Many rare and threatened species can now only be found on our roadside verges. The key principle for protecting vegetation around rest stop areas is to minimise disturbance. Avoid damaging trees and shrubs and any tracks you drive over (even dead wood lying around can be home to native insects and animals).

Vehicle exhausts are a potential fire hazard. Avoid parking on roadside areas that are grassed.

Toilet paper litter mucks it up for everyone. If toilet facilities are not available and you get caught short while travelling – bury it. Carry a metal shovel and bury all faecal waste and paper. Carry out sanitary items and disposable nappies – they don't degrade because of their plastic liners.

You can make a difference if you come across someone else's rubbish, give something back to our fragile environment – carry that out too!

