FATIGUE CAN'T TAKE A BACK SEAT



Driving while fatigued can be equivalent to driving with a 0.08% BAC.

Prioritize sleep in your schedule, avoid caffeine and alcohol before bed, and speak up if you or a partner can't safely drive.

"DISTRACTED DRIVING IMPAIRS POLICE PATROL OFFICER DRIVING PERFORMANCE." POLICING: AN INTERNATIONAL JOURNAL OF POLICE STRATEGIES & MANAGEMENT, 38(3), 505–516.

National LAW ENFORCEMENT ROADWAY SAFETY Program

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