



BE AWARE ON THE ROAD



What could happen if you drive for more than approximately five hours...



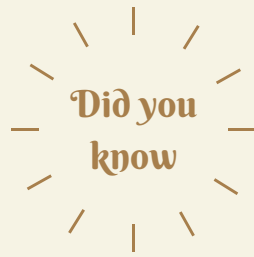
SAFETY HOUR RULES

ROAD SAFETY

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NECESSARY REST WHEN YOU HAVE DRIVEN FOR A LONG TIME.

This rule principally is applied to people who normally use to travel through the road for a long trajectory because as they spend a lot of time focus of how they are driving to not have an accident. Human body needs to rest, and if you don't, your reaction time (the time that spends since you see something until you realize) is affected by the fatigue.



ON 2018 IN SPAIN DIED APPROXIMATELY 1.806 PEOPLE BECAUSE OF TRAFIC ACCIDENTS

An adult between 18 and 65 years have to sleep among 7 to 9 hours.

THE RULE

WHY IT IS IMPORTANT?

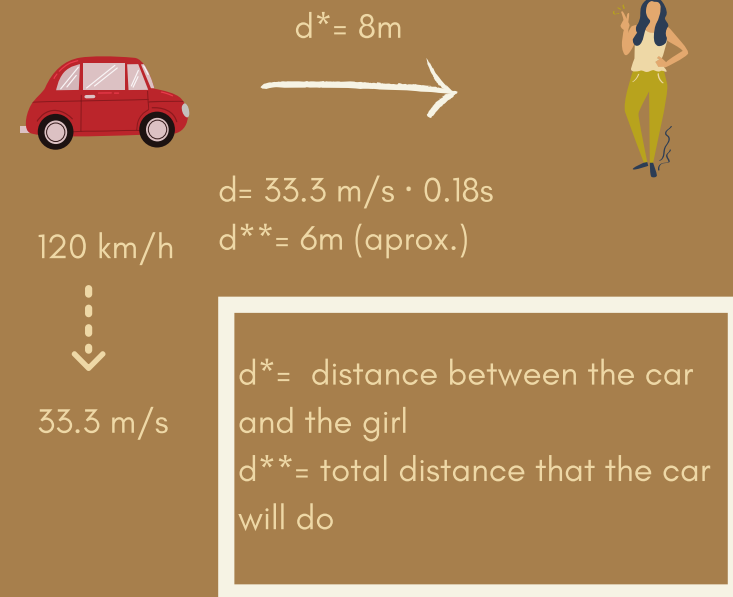
This rule is very important specially for truckers or for people who tends to make long trajectories because if someone is driving needs to be perfectly awake, because if not, they may have an accident by falling asleep.

WICH IS THE SCIENTIFIC SUPPORT?

The scientific support of this rule is that every four and a half hours the driver must stop for 45 minutes for sleep, eat or drink something or basically take a walk outside to clear your mind and improve your reaction.

The problem in real life

When the driver is **not tired**, it's reaction time of realize that there is a person and stop it's **0.18s.**



When the driver is **tired**, it's reaction time of realize that there is a person and stop it's **0.3s.**

