

What Are Fatigue and Drowsy Driving Warning Signs?

Worksheet

Drowsy driving warning signs are: heavy eyelids, frequent yawning, drifting between lanes, slow reaction to hazards, and difficulty focusing. Stop and rest immediately if any appear.

Questions

1. First sign of drowsy driving?
 - A) Sweating
 - B) Heavy eyelids and yawning
 - C) Speeding up
 - D) Radio getting louder
2. You notice you're drifting lanes. Reaction?
 - A) Turn music louder
 - B) Open window for air
 - C) Find safe place to stop now
 - D) Continue to next town
3. Effective cure for drowsiness?
 - A) Cold water splash
 - B) Coffee
 - C) 15-20 minute nap or sleep
 - D) Loud music
4. How long before a drowsy driver crashes?
 - A) Seconds
 - B) Minutes
 - C) Hours
 - D) Days
5. You yawn 3 times in 5 minutes. What should you do?
6. Lane drifting noticed. How much reaction time left?
7. Noticing slow reaction to brake lights ahead?
8. Define: What is the first sign of drowsiness while driving?
9. Define: Is coffee enough to stay awake?
10. Define: How much rest for fatigue recovery?

Answer Key

1. B) Heavy eyelids and yawning — Heavy eyelids and yawning are the earliest, most reliable signs.
2. C) Find safe place to stop now — Lane drift = late warning; stop immediately, do not wait.
3. C) 15–20 minute nap or sleep — Only sleep restores alertness; stimuli are temporary.
4. A) Seconds — Drowsy crashes happen in seconds; no reaction time.
5. Recognize the warning sign immediately Exit the motorway or find a safe stop Rest 15–20 minutes (nap or walk) If you need more rest, stop for the night
6. Lane drift = already losing concentration Reaction time at this point is 1–2 seconds Find safe place to stop within 1–2 km Never try to 'push through'
7. This is a late warning sign Pull to shoulder immediately Do not drive further; sleep or rest Consider a passenger take over
8. Heavy eyelids and frequent yawning; they appear 10–30 minutes before a crash-risk state.
9. No — caffeine is temporary (15–30 min effect). Only sleep truly restores alertness.
10. 15–20 minute nap or 6–8 hour sleep; depends on how sleep-deprived you are.

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