Do they feel **SLEEPY**?

Has it been a **LONG** shift?*

Are they relying on caffeine or **ENERGY** drinks to stay awake?

Do they need a **POWER nap**?

Do they look **TIRED**? Are they finding it hard to concentrate?

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**If the answer to any of these is “YES”**

Take Action! Don’t let them NOD off!

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**NAP** before driving home; miss rush hour & feel more alert.

Are there **OTHER ways to get home** than driving? Train, taxi, bus, tram, walk, get a lift?

**DRIVING** when tired is **DANGEROUS**!

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*Remember to EXCEPTION REPORT in England, if the work schedule has been breached.*