



## Safety Starts with you



## Sleep First. Drive Alert

The National Sleep Foundation's Drowsy Prevention Week encourages everyone to prioritize sleep and drive when they are alert and refreshed. The goal is to help people get the sleep they need and reduce the number of drivers who choose to drive while sleep deprived.

<https://www.thensf.org/drowsy-driving-prevention/#>



### Drowsy driving is really risky.

When you drive without adequate sleep, your motor skills are seriously impaired. In fact, the National Sleep Foundation states that drivers who have slept 3 to 5 hours in the last 24 hours are unfit to drive. Most people understand it is risky, but they don't think about the consequences.

**83.6 MILLION** PEOPLE DRIVE WHILE SLEEP-DEPRIVED EVERY DAY

**5000 & 8000** DROWSY DRIVING KILLS BETWEEN 5000 & 8000 PEOPLE EVERY YEAR, TWICE AS MANY AS DISTRACTED DRIVING

**THE DANGER ZONE** 2pm-6pm Midnight-6am THE MOST DANGEROUS TIMES OF DAY

**REST AREA** IF YOU FEEL DROWSY, PULL OVER AND TAKE A NAP

**7 IS GOOD 8 IS GREAT!** DRIVERS NEED AT LEAST 7 HOURS OF SLEEP TO ENSURE SAFE DRIVING ABILITIES

**TAKE A BREAK DRIVE AWAKE**

**1.2 MILLION COLLISIONS** ARE CAUSED BY DROWSY DRIVING EACH YEAR

### Reminder: COE Labs should test emergency eyewashes weekly.

Sediments and bacteria can build up in eyewash plumbing. In order to ensure that your eyewash is ready for use when needed, a lab member should be assigned to run and document eyewash testing each week. UW EH&S has information on [what labs should be looking for in these tests](#). Contact the [CoE Safety Office](#) if you need new test record cards.



[CoE Safety:](#)



[Graduate Student Safety Committee \(GSSC\):](#)



[Previous COE Safety Standards](#)



If you have interest in contributing to the Safety Standard or discuss a safety related item, please contact the CoE safety group at: [coesafety@engr.wisc.edu](mailto:coesafety@engr.wisc.edu)