Stony Brook University

SAFETY TALK

Environmental Health and Safety Newsletter — April 2026

Drowsy Driving

Drowsy driving happens when you haven't had enough sleep before you get on the road.
Your risk of a crash increases when you drive when you are drowsy or tired. You can lose control of your vehicle if you close your eyes for even a second. Drowsy driving affects your reaction time and your judgment, just like driving drunk or on drugs.

If You Are Tired
- Ask someone else to drive or change plans.
- Pull over for a 20-minute nap or switch drivers. Always pull into a safe, well-lit area away from traffic.
- Opening windows, turning on the air conditioner, or turning up the radio will not help you stay awake while driving.

Tips to Prevent Drowsy Driving
- Get enough sleep before you drive, especially when going on long trips.
- Make regular stops or switch drivers every 100 miles or 2 hours.
- Avoid driving between 1pm-4pm and 2am-6am. These are times when drivers are more likely to feel tired.
- Don't count on caffeine. It takes 30 minutes before you feel the effect and it wears off quickly.
- Avoid driving when you are taking medicines that could make you tired.
- Never drink alcohol or use drugs before driving. They slow down your reflexes and cause drowsiness.

Signs of Drowsy Driving
- Swerving or drifting between lanes of traffic
- Struggling to keep your eyes open or focused
- Yawning repeatedly
- Forgetting the last few miles driven
- Tailgating or missing traffic signals

Date:	
Department:	
Supervisor (Please Print):	
Supervisor Signature:	
Employee Participants: **Please Print Clearly**	Signature

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Please share the safety talk, for the noted month, with your employees and sign off on this form. All others should read for themselves. Completed forms shall be kept on file by