



## Stay safe by spotting the signs of drowsy driving

Media Contact:

Kaitlynn Furse

P: 905-771-3194

M: 647-227-7559

[kfur@caasco.ca](mailto:kfur@caasco.ca)

[caasco.com/media](http://caasco.com/media)

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**Thornhill, ON, March 10, 2017** – This weekend clocks will spring forward for Daylight Savings Time resulting in one less hour of rest for Ontarians. [CAA South Central Ontario](#) (CAA SCO) is reminding drivers to take extra precaution on what can often be a drowsy Monday morning commute.

A 2014 University of Colorado study showed that an increased risk of fatal crashes persists for the first six days of Daylight Savings Time.

**To help keep our roads safe, drivers are encouraged to watch for the warning signs of drowsy driving:**

- Inability to recall the last few kilometres driven
- Having disconnected or wandering thoughts
- Difficulty focusing or keeping your eyes open
- Feeling as though your head is very heavy
- Drifting out of your driving lane
- Yawning repeatedly
- Accidentally tailgating other vehicles
- Missing traffic signs

When faced with fatigue or drowsy driving symptoms, CAA SCO urges drivers to find a safe place to pull over. Ontario collision data from 2014 indicates that the direct cost of fatigue-related motor vehicle collisions is estimated to be approximately \$393 million.

**If you are involved in a collision:**

- Stay calm and pull off the road safely
- Note your vehicle's location. This will come in handy when calling for assistance
- If you must get out of your vehicle, watch carefully for oncoming traffic especially at night or in bad weather
- Never stand behind or directly in front of your vehicle, as you are at risk of being struck by drivers who might not see you
- If you CANNOT pull off the road, turn on your emergency flashers
- Call 911 for help



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Data collected by Ontario's Ministry of Transportation between 2010 and 2014 shows that:

- Sixty-five per cent of fatal collisions and 42 per cent of injury collisions involving a fatigued driver in Ontario occurred on provincial highways
- Forty-one per cent of fatal collisions and 67 per cent of injury collisions involving a fatigued driver in Ontario were single-vehicle in nature
- Drivers aged 17-24 were 2.4 times more likely to be involved in fatigue related collisions than the general driving population

For more information on what to do in the event of a collision, go to

[www.caasco.com/strandeddriver](http://www.caasco.com/strandeddriver)

**About CAA South Central Ontario**

For over a hundred years, CAA has been helping Canadians stay mobile, safe and protected. CAA South Central Ontario is one of nine auto clubs across Canada providing roadside assistance, travel, insurance services and member savings for our 2 million members.

**For further information contact:**

Kaitlynn Furse  
Manager, Public Relations  
P: (905) 771-3194  
C: (647) 227-7559  
E: [kfur@caasco.ca](mailto:kfur@caasco.ca)

Tony Tsai  
Director, Corporate Communications  
P: (905) 771-5813  
C: (416) 254-2653  
E: [ttsa@caasco.ca](mailto:ttsa@caasco.ca)