



# FATIGUE CAN'T TAKE A BACK SEAT

Driving while fatigued can be equivalent to driving with a 0.08% BAC. Prioritize sleep in your schedule, avoid caffeine and alcohol before bed, and speak up if you or a partner can't safely drive.

"DISTRACTED DRIVING IMPAIRS POLICE PATROL OFFICER DRIVING PERFORMANCE." *POLICING: AN INTERNATIONAL JOURNAL OF POLICE STRATEGIES & MANAGEMENT*, 38(3), 505-516.



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