

## 1.3.2 Driver fatigue (Advanced)

### Attitudinal survey

Think about the statements below and insert a tick in the “Me” column if you agree with it or think it is true and a cross if you do not.

Discuss your responses with your group and see if you can come to a consensus. Note your group response in the “Our group” column.

Belief	Me	Our group
I do not like to admit that I am tired when I am among friends.		
I always know when I am too tired to carry out certain tasks.		
Even though I am tired, I push on to finish a task.		
When I am tired, I just go more slowly rather than take a break.		





## Understanding yourself

Here are some of the reasons for driving while tired mentioned through the research. Which are the reasons you might give yourself for continuing to drive while tired? Rank them in order of the excuses you might make for continuing to drive.

Rank from 1-13 the excuses I give myself	Reasons given for driving while tired
	the need to meet deadlines or commitments
	the belief of becoming more awake in due course
	inexperience with the signs of fatigue
	peer pressure/family pressures
	safety concerns
	anticipation of getting home
	'beating' the GPS (i.e. the estimated time set by the GPS)
	avoiding frustrations
	a sense of pride
	a feeling of invincibility
	not wanting to waste time
	a feeling that there is nowhere to stop
	not wanting to stop too frequently.