

## Media Release

Dec. 3, 2024

### **Killam / Forestburg RCMP share tips on how to avoid winter driving fatigue**

Killam / Forestburg, Alta. - Driving in winter can be physically and mentally draining. The early onset of darkness and reduced visibility mean that drivers have to stay constantly alert, which can cause mental fatigue. Cold temperatures can also cause physical discomfort, which, combined with the monotony of snowy landscapes, can lead to drowsiness.

Killam / Forestburg RCMP provide a few simple tips on how to avoid winter driving fatigue:

- Plan your route and identify safe places to take breaks when embarking on longer road trips. Stopping every couple of hours, even if just for a few minutes, can help alleviate fatigue.
- When taking driving breaks, make sure to safely get out of your vehicle and stretch, walk around and refresh yourself.
- Get enough rest and avoid starting your journey late at night or in the early morning hours when your body is naturally more tired.
- While it's tempting to blast the heater, too much warmth can make you feel drowsy. Instead, aim for a moderate temperature and periodically crack a window to allow fresh air inside.
- Stay hydrated and snack wisely. Dehydration and hunger can worsen fatigue. Bring water to sip and healthy snacks that maintain energy levels.
- Recognize signs of fatigue and don't try to push through them. Frequent yawning, blinking, difficulty focusing, and drifting between lanes is an indication that you need to take a break. If you notice these signs, don't ignore them. Pull over to a safe area and take a rest.
- If possible, travel with a passenger who can share the driving duties. A companion not only helps with navigation and weather checks but can also help keep you alert through conversation.

For more winter driving safety tips, follow us on Facebook @RCMPinAlberta and on X @RCMPAlberta.

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