

Dehydration

Drivers make more than double the mistakes if they are dehydrated. Those who drive for long durations of time or in warm weather are more at risk.

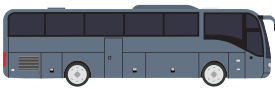
Most common types of dehydrated drivers:



Truck drivers



Taxi drivers



Bus drivers



Driving instructors in a car all day with clients



Holidaymakers on long journeys

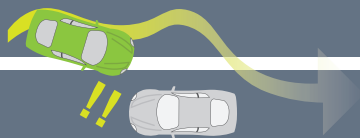


Motorbike riders wearing full protective clothing

Mistakes caused by dehydration



Drifting in a lane



Crossing lane lines



Late braking



Dehydration symptoms causes errors the equivalent to having a blood alcohol level of 0.08% — Which is over the legal limit.

Symptoms



Tiredness



Dry mouth and bad breath



Dizziness



Headaches