

# Annual General Meeting

June 5, 2013

Boundless Energy



# Safety Moment

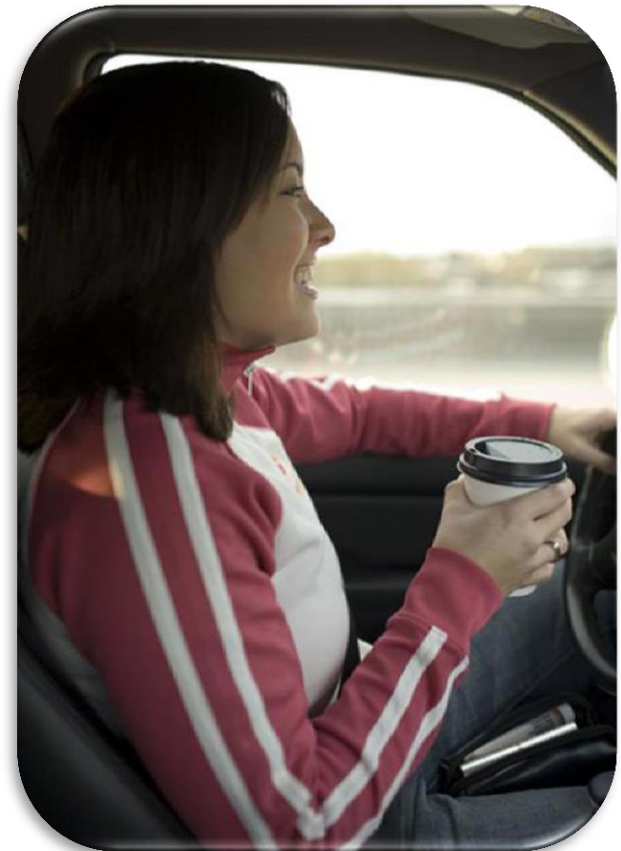
Driver's Fatigue

Boundless Energy



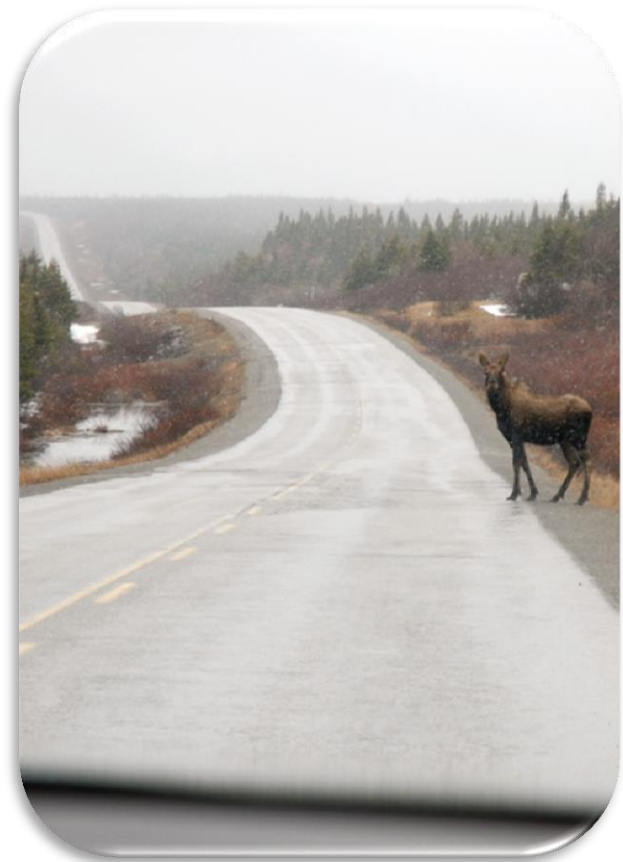
# Myths

- Drinking caffeine / taking caffeine pills.
- Opening windows / turning on AC.
- Turning up the radio / playing loud music.
- Talking to passengers.



# Facts

- Driving while sleep deprived increases the risk of having a microsleep.
- If you fall into a microsleep at 100km/h, you will travel 100 m in four seconds.



# Tips

- Plan ahead
- Take breaks
- Share the driving whenever possible
- Stay in control
- Think ergonomics
- Respect your internal clock
- Ensure you have enough sleep before driving



# Safe Travels!

