**Doze-off
20 seconds
ahead**

Zzz

Traffic –
TotalEnergies Golden Rule No. 2

Commitment No.5

**I don't drive under
the influence of
alcohol and take
regular breaks**

#SafeDriver

TotalEnergies

FOR ME, FOR YOU, FOR ALL
SAFETY
TotalEnergies

Fast facts

1 in 5 severe accidents is caused by driver fatigue.

Internal TotalEnergies data

The risk of an accident is tripled if a driver sleeps less than five hours the night before.

Source: French road safety NGO Prévention Routière

A blood alcohol level of over 0.5 g per liter of blood (mean 0.05% blood alcohol concentration) increases significantly the probability of a road accident.

Source: World Health Organization (WHO)

Alcohol is a factor in nearly one-third of fatal road accidents.

Source: French National Delegation to Safety and Road Traffic

Best practices

Make a note of where the hazardous driving areas of your trip are before leaving and **identify safe rest areas** to take breaks.

Pay attention to signs of fatigue, such as burning eyes, stiff neck and the need to shift your position frequently.

Use breaks to eat properly.

Get enough sleep. The recommended sleep duration is seven to eight hours a night.

Commitments

Take a break at the first signs of fatigue.
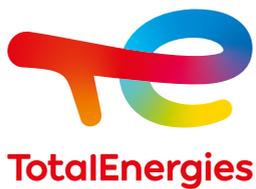
Comply with recommended driving and break times:

- A minimum 30-minute break after no more than four-and-a-half hours of continuous driving.
- A maximum 10 hours of driving per day (total maximum work shift is 12 hours).
- A minimum of 9 hours off each day.
- A maximum of 56 hours of driving per week.
- A minimum of 24 hours off per week.

- A minimum 10-minute break after two hours of continuous driving.
- A recommanded maximum of 7 hours of driving time per day.

Driving under the influence of alcohol, medication or drugs **is prohibited.**

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