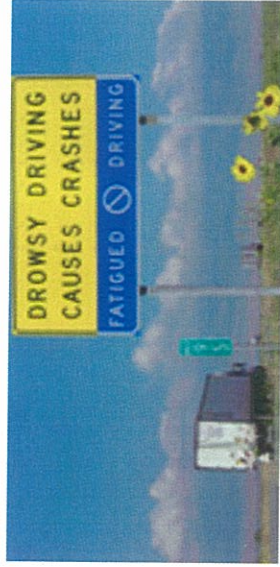


Effects of Sleepiness & Fatigue

- Slower reaction time
- Impaired judgment and vision
- Decline in attention to important signs, road changes and the actions of other vehicles
- Decreased alertness
- Problems with short-term memory
- Increased moodiness and aggressive behavior



Rusty Burris is a dynamic speaker who has been sharing his message of inspiration, drowsy driving awareness, and injury prevention for over 14 years. On June 3, 1990 his life was changed forever when he fell asleep at the wheel only 90 seconds from home.

Since that time he has traveled to hundreds of locations and shared his message with thousands of people of all ages. In 2000, he was a guest speaker at the press conference for National Sleep Awareness Week, and in 2002 he spoke at the Summit to Prevent Drowsy Driving, both in Washington, DC. He has been featured in the Washington Post, Ladies Home Journal, Parade Magazine, the T.V. show Extra!, and various newspapers and media stations. He is also featured in the award-winning drowsy driving prevention video titled "Almost Home," which was produced by The National Road Safety Foundation in New York.

Rusty recently launched a public speaking career specializing in drowsy driving awareness and overcoming life's obstacles.

For more information on Rusty and how to schedule him as a speaker, go to:

www.russburris.com.



Beds Aren't The Only Places That People Fall Asleep

Countermeasures

Before hitting the road:

- Get adequate sleep, (7-9 hours)
- Schedule breaks every 2 hours or 100 miles
- Arrange for a travel companion
- Avoid alcohol and sedating medications

While driving:

- Watch for the warning signs of drowsiness
- Stop driving: pull off into a safe, well-lit area away from traffic for a break, a brief nap (15-20 minutes), or for the night
- Consume caffeine, i.e. coffee, soda, chocolate, to promote short-term alertness

Caffeine takes about 30 minutes to enter the blood stream. For the greatest effects, consume your caffeine then take a short nap

