




**Mental and Physical
Safety on our Roads**

Know Your Medications to Stay Alert

All medications can cause side effects, and these side effects can increase the more medications you take.

Common side effects to look out for:

Z Z Z Feeling sleepy or tired

 Changes in vision (e.g., blurred, double vision)

 Dizziness, light headed or faint feeling

 Muscle weakness

 Feel unsteady or anxious

 Changes in mood (e.g., feeling angry)

 Slow reaction time

 Difficulty concentrating or confusion

Medications include:

GP prescriptions, over the counter, herbal and homeopathic products including vitamin or mineral supplements.

**Talk to your GP
or pharmacist
about side
effects your
medication
can have.**

Side effects can cause problems with concentration, alertness, vision, and reaction time, this can have serious consequences when operating a heavy vehicle.



For more information on how you can fuel your body to stay healthy and alert while driving contact us:

 info@injurymatters.org.au

 1300 004 814 (free call)

 injurymatters.org.au/mapsonourroads