



**Mental and Physical  
Safety on our Roads**







## Know Your Medications to Stay Alert

As we get older the way our body processes foods, drinks, and medication can change. All medications can cause side effects.

Side effects can increase the more medications you take, and can affect your ability to operate a heavy vehicle.

Operating a heavy vehicle is a complex task that requires you to be alert and respond quickly. Some medication side effects can have a long lasting impact on your work, from securing your load, getting in or out of the vehicle, or driving.

Medications used to treat the following conditions can impact your driving:

- |   |  |
|---|--|
|  Sleep problems              |  Migraines and headache   |
|  Heart conditions          |  Cold and allergy       |
|  High blood pressure       |  Pain relief            |
|  Inflammation              |  Anxiety and depression |
|  Heartburn and indigestion |  Mental illness         |

### **FACT**

**1 in 3 Australians  
take more than  
one prescribed  
medication in a  
week.**

### **GOOD TO KNOW**

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

### **DID YOU KNOW?**

**What you eat and  
drink can affect  
your medications.**



**It's important to understand the  
medications you are taking and  
how they interact with each other  
as it can affect your safety.**





## Know your medications for safe and alert driving.

### Speak to your GP or pharmacist and ask:

- ? Why am I taking this medication?
- ? What risks or side effects should I know about?
- ? Will it affect my ability to drive?
- ? What are my other options?
- ? Does this medication interact with others I am taking?
- ? If I stop or change this medication, what side effects should I expect?

### Speak to your GP about any changes suggested by the pharmacist.

Only take medications that are prescribed to you. Know the side effects, monitor how you feel, and do not drive if you do not feel normal after taking your medication.

Read the warning labels of your medication to check whether they affect your ability to drive.

Speak to your GP or pharmacist before changing your dosage or stopping your medication, as this can affect your ability to drive safely.

It is important to be aware of the side effects your medication may have when operating a vehicle.

**z-z-z** Feeling sleepy or tired

Feel unsteady or anxious

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

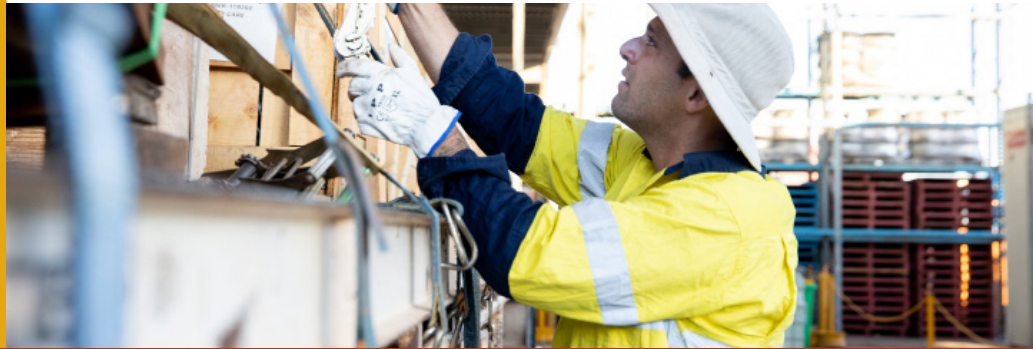
Changes in mood (e.g., feeling angry)

Dizziness, light headed or faint feeling

Slow reaction time

Muscle weakness

Difficulty concentrating or confusion



For more information on how medications and other drugs can affect your driving, contact us:

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