

## Take a Break to Stay Alive

Rest areas are an important part of providing a safe driving environment, and The Northern Territory Government aims to provide road users with a level of service that allows motorists to enjoy their travels in the Territory.

Current research shows that fatigue is a major contributor to vehicle crashes in rural and remote Australia.

Rest areas allow motorists to stop and take a rest at regular intervals and reduce fatigue-related crashes.

For these areas to be effective against fatigue, they are strategically located taking into consideration motorist speed, fatigue onset times, desired driving interval times and the location of other stopping opportunities.

The spacing of the rest areas is conservative which means if a driver decides to miss an area, there is not a long distance to the next stop.

Forcing a driver to “push-on” when fatigued, promotes dangerous driving and the chance for disaster.

To ensure they meet the needs of motorists, and to encourage ongoing future use, the rest areas are strategically located and readily accessible with appropriate rest facilities. Some include toilets, water supply, BBQs, picnic tables, shelter, information boards and allow 24 hour overnight camping.

The rest areas are clearly signposted and include details of the next rest area and local commercial facility.

Motorists are encouraged to use the designated rest areas and not the truck parking bays, unless in the case of emergency.

The rest areas also contribute to a positive tourist experience in The Territory and take into account towns, tourist interest points, regular camping areas and other commercial facilities.

The rest areas are maintained by the Department of Planning and Infrastructure and are regularly cleared of rubbish and in remote locations, emergency water tanks are replenished.

More information on rest areas can be found at:  
[www.dpi.nt.gov/whatwedo/ntroads/restareas](http://www.dpi.nt.gov/whatwedo/ntroads/restareas)

ENDS

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