

# Take a break

**Driving tired is a factor in many crashes. When travelling it is vital that you are alert at all times. Watch for signs of fatigue such as drowsiness, aches and pains, tired eyes, and loss of concentration. As soon as you feel tired, stop and rest. Remember, when planning your trip, include rest breaks of at least 15 minutes every two hours.**

**Avoid driving at fatigue risk times between 2pm and 4pm, and 10pm and 6am.**

## Before your trip

- Get a good night's sleep before setting off.
- Plan ahead – where and when to stop.
- Check medications with your doctor in case they make you drowsy.

## On your trip

- Don't drive for more than 10 hours a day.
- Avoid alcohol altogether if you're driving.
- Share the driving.
- Take regular breaks from the wheel: at least a 15-minute break every two hours.
- Stop in towns, rest areas, tourist spots and Driver Reviver sites.
- As soon as you feel tired, stop and rest.
- It's a myth that drinking coffee and turning up the radio will prevent fatigue. The only thing that helps is a good night's sleep and plenty of breaks from the wheel.

## Rest areas

### Motorist rest areas

Motorist rest areas and dual heavy vehicle & motorist rest areas are not free camping sites, but are places meant for short breaks where you can stop and rest to help you manage fatigue. Rules on the length of stay at rest areas vary. Motorists can stay up to 20 hours, including overnight, at Main Roads rest areas shown in blue (see the legend below). Motorists cannot stay overnight at Main Roads rest areas shown in red (see legend below).

## Heavy vehicle rest areas

Heavy vehicle rest areas allow truck drivers to take a rest break or sleep as required by the Heavy Vehicle Driver Fatigue Laws. Caravans and motorhomes are not considered heavy vehicles, and should not stop at these locations. These areas are important for heavy vehicle drivers to rest and motorists are requested not to take up valuable space in these rest areas. Motorists should also be aware that heavy vehicles will often arrive at, and depart from, these areas at all times of the day and night. Heavy vehicles also have access to dual heavy vehicle & motorist rest areas.

### Heavy vehicle stopping places

Heavy vehicle stopping places allow truck drivers to take short breaks or check their loads.

### Controlling Authorities Telephone (BH) Abbreviation

Main Roads	(07) 3834 2037	MR
		MR (camping not permitted)
		MR (overnight stays permitted max. stay 20 hours)
SunWater	(07) 3120 0089	W
Department of Environment & Resource Management	1300 130 372	E
Local Governments		L
Service Clubs		S
Other (e.g. community)		O

Motorist Rest Area							
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	
					BBO	TABLE	
					SHELTER SHED	PLAYGROUND	
1	2.2km N Chermerside PD	-27.3726	153.0230	MR	●	●	●
4	0.6km S Petrie PD	-27.2746	152.9800	L	●	●	●
6	4.1km S Glasshouse	-26.9394	152.9550	L	●	●	●
7	8.7km NE Landsborough	-26.7741	153.0380	MR	●	●	●
10	Town of Yandina	-26.5655	152.9560	L	●	●	●
16	6km S Gympie	-26.2316	152.6380	MR	●	●	●
17	29km N Gympie	-25.9860	152.5700	MR	●	●	●
21	1.5km NW Gin Gin	-24.9716	151.9450	MR	●	●	●
22	24km S Gladstone	-24.0100	151.3400	MR	●	●	●
27	19.5km SE Calen	-21.0285	148.8930	MR	●	●	●
36	11.2km S Ingham	-18.7679	146.1330	MR	●	●	●
38	25km S Tully	-18.1197	145.9130	MR	●	●	●
39	1.8km N El Arish	-17.7950	146.0100	L	●	●	●
40	12km N El Arish	-17.7132	146.0430	MR	●	●	●
42	Town of Babinda	-17.3484	145.9230	L	●	●	●
43	1km S Gordonvale	-17.1010	145.7890	E	●	●	●
49	90km W Charters Towers	-20.4448	145.5310	MR	●	●	●
51	E Side Duaringa	-23.7213	149.6720	L	●	●	●
53	4.3km NE Aratula	-27.9460	152.5820	MR	●	●	●
54	Town of Aratula	-27.9736	152.5950	MR	●	●	●
57	47km E Warwick	-28.0539	152.3800	E	●	●	●
58	45.1km E Warwick	-28.0623	152.3850	E	●	●	●
60	N Side Warwick	-28.2095	152.0370	L	●	●	●
62	E Side Inglewood	-28.4129	151.0850	L	●	●	●
63	N Side Goondiwindi	-28.5364	150.3150	L	●	●	●
64	S Side Goondiwindi	-28.5507	150.3100	L	●	●	●
66	W Side Helidon	-27.5527	152.1230	MR	●	●	●
67	0.8km W Miles	-26.6564	150.1800	L	●	●	●
68	21.3km W Miles	-26.6410	149.9820	L	●	●	●
70	1km E Yuleba	-26.6118	149.3900	L	●	●	●
72	0.6km E Mitchell	-26.4852	147.9820	L	●	●	●
74	24.2km SW Bundaberg	-25.0586	152.2320	MR	●	●	●
76	28km N Cairns	-16.7226	145.6430	L	●	●	●
78	36km W Innisfail	-17.6046	145.7620	E	●	●	●
79	37.5km W Innisfail	-17.5990	145.7570	E	●	●	●
80	Town of Cooyar	-26.9830	151.8310	L	●	●	●
81	E Side Hampton	-27.3581	152.0700	L	●	●	●
82	7.2km N Toowoomba PD	-27.5074	151.9560	L	●	●	●
83	9.4km S Toowoomba PD	-27.6469	151.9350	S	●	●	●
84	E Side Allora	-28.0356	151.9880	L	●	●	●
89	1km NE Charleville	-26.3990	146.2380	L	●	●	●
91	5.9km NW Jimboomba	-27.7834	153.0120	MR	●	●	●
92	11.4km S Jimboomba	-27.9103	152.9840	MR	●	●	●
94	6km N Rathdowney	-28.1706	152.8890	MR	●	●	●
95	13.6km SW Rathdowney	-28.2957	152.7860	MR	●	●	●
98	W Side Goondiwindi	-28.5451	150.2990	S	●	●	●
99	2km E Mareeba	-17.0060	145.4390	MR	●	●	●
100	0.8km N Atherton	-17.2615	145.4770	L	●	●	●
101	0.5km S Atherton	-17.2695	145.4820	L	●	●	●
102	17km SW Ravenshoe	-17.6460	145.3460	L	●	●	●
104	0.3km E Kilcoy	-26.9427	152.5680	L	●	●	●
105	1.2km S Nanango	-26.6784	151.9990	L	●	●	●
107	7.1km SE Kingaroy	-26.5889	151.9030	MR	●	●	●
108	26.8km E Gayndah	-26.6763	151.8100	MR	●	●	●
109	1.8km E Gayndah	-26.6292	151.6250	L	●	●	●
110	5.6km SE Binjour	-25.5336	151.4960	MR	●	●	●
111	10.8km N Eidsvoll	-25.2820	151.1390	MR	●	●	●
112	18.5km NW Monto	-24.7990	150.9810	MR	●	●	●
113	3.1km NW Fernvale	-27.4374	152.6370	L	●	●	●
114	Town of Harlin	-26.9761	152.3590	L	●	●	●
115	5.6km E Kilkivan	-26.0897	152.2880	MR	●	●	●
116	9.2km SW Kingaroy	-26.5879	151.7880	MR	●	●	●
117	N Side Woodville	-26.2149	151.7210	L	●	●	●

Motorist Rest Area							
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	
					BBO	TABLE	
					SHELTER SHED	PLAYGROUND	
308	25.3km NW The Gap PD	-27.3803	152.7760	E	●	●	●
309	1.5km NW Mt Glorious	-27.3310	152.7610	E	●	●	●
311	3.4km W Aspley PD	-27.3516	152.9880	L	●	●	●
312	3km W Petrie PD	-27.2590	152.9520	L	●	●	●
314	5.6km E Samford PD	-27.3421	152.9130	L	●	●	●
315	4.1km W Brisbane C Hall	-27.4435	153.0070	L	●	●	●
316	5.9km W Brisbane C Hall	-27.4299	153.0060	L	●	●	●
317	1.6km W Alderley PD	-27.4202	152.9870	L	●	●	●
318	2.5km W Alderley PD	-27.4150	152.9790	L	●	●	●
319	3.4km W Alderley PD	-27.4123	152.9710	L	●	●	●
320	6.7km W Alderley PD	-27.4123	152.9410	L	●	●	●
321	7.9km W Alderley PD	-27.4015	152.9390	L	●	●	●
322	10.1km W Alderley PD	-27.3920	152.9250	E	●	●	●
324	2.6km S Dayboro PD	-27.2141	152.8330	L	●	●	●
325	7.6km NE Fernvale	-27.4003	152.6190	O	●	●	●
326	4km N Innisfail	-17.5147	145.9940	L	●	●	●
327	Town of Richmond	-20.7332	143.1440	S	●	●	●
329	0.5km E Mt Isa	-20.7264	139.4930	MR	●	●	●
330	5.4km N Mt Isa	-20.6859	139.4930	O	●	●	●
336	Town of Eungella	-21.1312	148.4940	L	●	●	●
342	48.5km E Warwick	-28.0497	152.3930	E	●	●	●
343	N Side Stanthorpe	-28.6468	151.9460	L	●	●	●
344	N Side Stanthorpe	-28.6358	151.9510	L	●	●	●
345	13.1km E Inglewood	-28.4170	151.2130	W	●	●	●
347	Town of Warrill View	-27.8246	152.6160	MR	●	●	●
349	0.6km SE Hughenden	-20.8501	144.2010	MR	●	●	●
350	10.1km W Alderley PD	-27.3924	152.9180	L	●	●	●
351	3.5km NW Mt Glorious	-27.3175	152.7480	E	●	●	●
352	Town of Kulpi	-27.1884	151.7020	L	●	●	●
353	Town of Quinalow	-27.1073	151.6230	L	●	●	●
354	Town of Macgagan	-27.0850	151.6340	O	●	●	●
355	30.2km S Kumbia	-26.8934	151.6120	E	●	●	●
356	28km S Kumbia	-26.8807	151.5980	E	●	●	●
357	44km NE Dalby	-26.9847	151.5790	L	●	●	●
359	Town of Millmerran	-27.8742	151.2740	L	●	●	●
360	Town of Oakey	-27.4494	151.7210	L	●	●	●
361	Town of Jondaryan	-27.3676	151.5910	L	●	●	●
362	Town of Dalby	-27.1855	151.2650	L	●	●	●
363	Town of Dalby	-27.1813	151.2610	L	●	●	●
364	Town of Chinchilla	-26.7398	150.6300	L	●	●	●
365	8.7km S Chinchilla	-26.7987	150.5760	L	●	●	●
366	Town of Grantham	-27.5789	152.1930	L	●	●	●
367	W Side Gatton	-27.5689	152.2700	MR	●	●	●
368	S Side Laidley	-27.6475	152.3900	L	●	●	●
369	Town of Lowood	-27.4631	152.5800	L	●	●	●
370	Town of Fernvale	-27.4548	152.6520	L	●	●	●
371	Town of Esk	-27.2407	152.4220	L	●	●	●
372	S Side Esk	-27.2424	152.4210	L	●	●	●
373	29km NE Esk	-27.1036	152.5610	O	●	●	●
374	Town of Bell	-26.9315	151.4510	L	●	●	●
375	S Side Jandowae	-26.7827	151.1110	L	●	●	●
376	S Side Jandowae	-26.7855	151.1130	L	●	●	●
377	Town of Coominya	-27.3906	152.5030	L	●	●	●
378	4km E Blackbutt	-26.8852	152.1440	E	●	●	●
379	Town of Blackbutt	-26.8852	152.1000	L	●	●	●
380	N Side Crows Nest	-27.2584	153.0500	L	●	●	●
381	Town of Crows Nest	-27.2619	152.0550	L	●	●	●
382	N Side Chinchilla	-26.7354	150.6300	L	●	●	●
383	18km NW Proston	-26.0954	151.4490	W	●	●	●
386	Town of Inglewood	-28.4106	151.0790	L	●	●	●
387	E Side Clifton	-27.9333	151.9100	L	●	●	●
388	City Gates Mackay	-21.1645	149.1550	L	●	●	●
390	N Side Coonina	-21.4393	149.2370	L	●	●	●

Motorist Rest Area							
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	
					BBO	TABLE	
					SHELTER SHED	PLAYGROUND	
576	2km E Rosevale	-27.8645	152.4940	L	●	●	●
577	6km S Willowbank	-27.6805	152.6840	L	●	●	●
580	18.3km SE Rathdowney	-28.3200	152.9330	L	●	●	●
581	6.3km N Canungra	-27.9704	153.1630	L	●	●	●
582	2.3km E Beaudesert	-27.9939	153.0180	L	●	●	●
583	Mt Tamborine	-27.9730	153.1970	L	●	●	●
584	1.5km N Numinbah Valley	-28.1292	153.2290	E	●	●	●
585	5km W Moura	-24.6003	149.9080	S	●	●	●
586	45km NW Eidsvoll	-25.1909	150.9910	W	●	●	●
591	93km S Bedourie	-25.1482	139.5810	L	●	●	●
592	61km S Bedourie	-24.8711	139.6280	L	●	●	●
593	22km S Bedourie	-24.5172	139.5580	L	●	●	●
594	Town of Bedourie	-24.3608	139.4710	L	●	●	●
595	32km N Bedourie	-24.1362	139.5340	L	●	●	●
596	22km N Birdsville	-25.7421	139.3300	L	●	●	●
597	31km E Bedourie	-24.5153	1				

