

# Take a break

## Fatigue

Fatigue creeps up on drivers. It is vital that you are alert at all times no matter how short the trip. Knowing your body's warning signs and planning your trip are the keys to your safety and survival on the road. Being awake for more than 16 hours is similar to having a blood alcohol content of more than 0.05. So don't put yourself at risk.

## Before driving

- » Get plenty of sleep.
- » Plan ahead — work out rest stops and overnight stops.
- » Avoid alcohol.
- » Check medications with your doctor and make sure they won't make you drowsy.
- » Eat sensibly — not too little, not too much.

## When driving

- » Take regular breaks — you should stop for at least 15 minutes every two hours.
- » Share the driving if you can.
- » Use rest areas, tourist spots and driver reviver stops.
- » Stop and rest as soon as you feel tired.
- » Never drive for more than 10 hours in a single day.

## Driver Reviver

Driver Reviver is a community-based road safety initiative of Transport and Main Roads and the Queensland Police Service and is operated by around 2300 volunteers. Motorists are encouraged to 'STOP REVIVE SURVIVE' at rest stops throughout the state and enjoy complimentary tea or coffee and a snack. The program operates during school holidays and public holiday periods.

## Motorist Rest Areas

- » Rest areas are there for you to stop and rest, making your trip safer and more enjoyable.
- » Rest areas are not long-term camping sites. However motorists are able to take extended rest breaks at some sites.
- » Rules on the length of stay at rest areas vary between controlling authorities.
- » Motorists can stay up to 20 hours, including overnight, at some Transport and Main Roads rest areas shown in blue.
- » Caravans and motorhomes are not considered heavy vehicles, and should not stop at heavy vehicle locations.
- » Motorists cannot stay overnight at Transport and Main Roads rest areas shown in red.

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	TMR	●	●	●
4	0.6km S Petrie PO	-27.2746	152.9800	L	●	●	●
6	4.1km S Glasshouse	-26.9394	152.9550	L	●	●	●
7	8.7km NE Landsborough	-26.7741	153.0380	TMR	●	●	●
10	Town of Yandina	-26.5655	152.9560	L	●	●	●
16	6km S Gympie	-26.2316	152.6980	TMR	●	●	●
17	29km N Gympie	-25.9860	152.5700	TMR	●	●	●
21	1.5km NW Gin Gin	-24.9742	152.9742	TMR	●	●	●
22	24km S Gladstone	-24.0100	151.3400	TMR	●	●	●
36	11.2km S Ingham	-18.7679	146.1330	TMR	●	●	●
38	25km S Tully	-18.1197	145.9130	TMR	●	●	●
39	1.8km N El Arish	-17.7950	146.0100	L	●	●	●
40	12km N El Arish	-17.7132	146.0430	TMR	●	●	●
42	Town of Babinda	-17.3485	145.9230	L	●	●	●
43	1km S Gordonvale	-17.1010	145.7890	E	●	●	●
49	89.9km W Charters Twrs	-20.4402	145.5336	TMR	●	●	●
51	E Side Duaringa	-23.7213	149.6720	L	●	●	●
53	4.3km NE Aratula	-27.9460	152.5820	TMR	●	●	●
54	Town of Aratula	-27.9736	152.5590	TMR	●	●	●
57	47km E Warwick	-28.0539	152.3800	E	●	●	●
58	45.1km E Warwick	-28.0623	152.3650	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	-28.5510	150.3108	L	●	●	●
66	W Side Helidon	-27.5527	152.1230	TMR	●	●	●
70	21.3km W Miles	-26.6410	149.9805	L	●	●	●
78	1km E Yuleba	-26.6114	149.3903	L	●	●	●
72	0.6km E Mitchell	-26.4852	147.9820	L	●	●	●
74	24.2km SW Bundaberg	-25.0586	152.2320	TMR	●	●	●
76	28km N Cairns	-16.7226	145.6430	L	●	●	●
78	36km N Innisfail	-17.6048	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 PO	-27.5074	151.9560	L	●	●	●
83	9.4km S Toowoomba PO	-27.6469	151.9350	S	●	●	●
84	E Side Allora	-28.0356	151.9880	L	●	●	●
89	1km NE Charleville	-26.3996	146.2354	L	●	●	●
91	5.9km NW Jimboomba	-27.7834	153.0120	TMR	●	●	●
92	11.4km S Jimboomba	-27.9103	152.9840	TMR	●	●	●
94	6km N Rathdowney	-28.1706	152.8890	TMR	●	●	●
95	13.6km SW Rathdowney	-28.2957	152.7860	TMR	●	●	●
98	W Side Goondiwindi	-28.5466	150.2992	S	●	●	●
99	2km E Mareeba	-17.0060	145.4390	TMR	●	●	●
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	152.5860	L	●	●	●
105	1.2km S Nanango	-26.9744	151.9990	L	●	●	●
107	7.1km SE Kingaroy	-26.5889	151.9030	TMR	●	●	●
109	1.8km E Gayndah	-25.6292	151.6250	L	●	●	●
110	5.6km SE Binjara	-25.5336	151.4960	TMR	●	●	●
111	10.8km N Eidsvold	-25.2820	151.1390	TMR	●	●	●
112	18.5km NW Monto	-24.7990	150.9810	TMR	●	●	●
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	TMR	●	●	●
116	9.2km SW Kingaroy	-26.5879	151.7880	TMR	●	●	●
117	N Side Wandai	-26.3140	151.8710	L	●	●	●
127	1.2km N Mt Molloy	-16.6654	145.3280	L	●	●	●
128	10.6km SW Mudgeeraba	-28.1237	153.2930	TMR	●	●	●
129	Town of Buderim	-26.6822	153.0660	L	●	●	●
130	0.7km E Glasshouse	-27.3062	153.0090	TMR	●	●	●

Motorist Rest Area							
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	
					BBO	TABLE	
					SHELTER SHED	PLAYGROUND	
314	5.6km E Samford PO	-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 PO	-27.4202	152.9870	L	●	●	●
318	2.5km W Alderley PO	-27.4150	152.9790	L	●	●	●
319	3.4km W Alderley PO	-27.4123	152.9710	L	●	●	●
320	6.7km W Alderley PO	-27.4123	152.9410	L	●	●	●
321	7.9km W Alderley PO	-27.4015	152.9390	L	●	●	●
322	10.1km W Alderley PO	-27.3920	152.9250	E	●	●	●
324	2.6km S Dayboro PO	-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 Mount Isa	-20.7264	139.4999	TMR	●	●	●
330	5.4km N Mount Isa	-20.6834	139.4943	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	-28.6375	151.9503	L	●	●	●
345	13.1km E Inglewood	-28.4170	151.2130	W	●	●	●
347	Town of Warrill View	-27.8246	152.6160	TMR	●	●	●
349	0.6km SE Hughenden	-20.8501	144.2010	TMR	●	●	●
350	10.1km W Alderley PO	-27.3924	152.9180	E	●	●	●
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 Macglagan	-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	150.6303	L	●	●	●
365	8.7km S Chinchilla	-26.7987	150.6761	L	●	●	●
366	Town of Grantham	-27.5789	152.1930	L	●	●	●
367	W Side Gatton	-27.5689	152.2700	L	●	●	●
368	S Side Laidley	-27.8475	152.3900	L	●	●	●
369	Town of Lowwood	-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	-27.2609	152.0545	L	●	●	●
381	Town of Crows Nest	-27.2648	152.0571	L	●	●	●
382	N Side Chinchilla	-26.7354	150.6300	L	●	●	●
383	18km NW Proston	-26.0994	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	-21.1652	149.1548	L	●	●	●
389	N Side Sarina	-21.4227	149.2170	L	●	●	●
390	S Side Sarina	-21.4296	149.2200	L	●	●	●
391	Town of Eton	-21.2626	148.9760	L	●	●	●
392	Town of Nebo	-21.6894	148.6950	L	●	●	●
393	5.3km S Eungella	-21.1671	148.5050	E	●	●	●
394	Town of Gungahlin	-35.2899	149.3790	L	●	●	●

Motorist Rest Area							
NUMBER	LOCATION	LATITUDE	LONGITUDE	CONTROL	TOILET (Disable - Red)	WATER SUPPLY	
					BBO	TABLE	
					SHELTER SHED	PLAYGROUND	
586	45km NW Eidsvold	-25.1909	150.9910	W	●	●	●
591	93km S Bedourie	-25.1482	139.5810	L	●	●	●
592	6.1km 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	●	●	●
600	E Side Goondiwindi	-28.5498	150.3204	L	●	●	●
602	26km W Proserpine	-20.3634	148.3870	W	●	●	●
603	Town of Proserpine	-20.4021	148.5860	L	●	●	●
604	S Side Warwick	-28.2293	152.0180	L	●	●	●
605	Town of Wooolooloo	-28.4123	151.8160	L	●	●	●
606	Town of Warra	-28.9288	150.9180	TMR	●	●	●
607	Town of Kumbia	-26.6920	151.6530	S	●	●	●
609	24.9km N Townsville	-19.1752	146.5530	L	●	●	●
616	Town of Yuleba	-26.6113	149.3820	L	●	●	●
619	16km N Roma	-26.4330	148.7940	L	●	●	●
621	40km E Charleville	-26.4145	146.6250	L	●	●	●
625	25km S Surat	-27.3073	148.9200	L	●	●	●
626	23km N Blackall	-24.2737	145.3390	TMR	●	●	●
634	25km E Proserpine	-20.4780	148.7410	L	●	●	●
646	8.8km NW A						

