

MEDIA STATEMENT  
FOR IMMEDIATE RELEASE

Date: 3 July 2026

LIMPOPO DEPARTMENT OF TRANSPORT AND COMMUNITY SAFETY URGES MOTORISTS AND LONG-DISTANCE BUS DRIVERS TO PRIORITISE REST TO PREVENT FATIGUE-RELATED CRASHES

As we are approaching the weekend, the Limpopo Department of Transport and Community Safety urges all motorists, particularly long-distance bus drivers, freight operators and public transport drivers, to prioritise adequate rest before and during their journeys in order to prevent fatigue-related road crashes.

Driver fatigue remains one of the leading causes of serious and fatal road accidents. Fatigue reduces concentration, slows reaction times and impairs judgement, making it as dangerous as driving under the influence of alcohol. Spending long hours behind the wheel without sufficient rest significantly increases the risk of crashes.

As thousands of motorists continue to travel on Limpopo's major routes, including the N1, R81, R71, R37 and other provincial roads, the Department calls on all road users to place safety above schedules and deadlines.

\*Motorists are advised to:

- Get at least seven to eight hours of sleep before undertaking a long-distance journey.
- Stop and rest every two hours or approximately every 200 kilometres.
- Avoid driving during periods when the body is naturally more susceptible to fatigue, particularly late at night and in the early hours of the morning.
- Share driving responsibilities where possible.
- Avoid alcohol, medication or any substance that may cause drowsiness before driving.
- Stay hydrated and eat light meals to help maintain alertness.
- Pull over immediately at a safe and designated rest area if experiencing signs of fatigue such as frequent yawning, heavy eyelids, drifting between lanes, difficulty concentrating or missing road signs.

The Department further calls on long-distance bus operators and transport companies to ensure that drivers receive adequate rest periods, comply fully with road safety regulations, and are never permitted to operate passenger vehicles while fatigued.

Passengers travelling on long-distance buses are also encouraged to play an active role in promoting road safety by reporting reckless driving or any signs of driver fatigue to the bus operator or relevant law enforcement authorities.

Road safety is a shared responsibility. Every driver has a duty to ensure that they are physically and mentally fit before taking to the road. No destination, timetable or delivery deadline is worth risking human life.

The Limpopo Department of Transport and Community Safety remains committed to working closely with law enforcement agencies, transport operators and communities to reduce road crashes, promote responsible driving behaviour and save lives.

“Road safety is everyone’ responsibility”

Issued by:

Limpopo Department of Transport and Community Safety  
Communication Services

Enquiries:

Mashudu Mabata  
Departmental Spokesperson  
Cell: 072 180 4275 / 083 809 8132

OR

Tshifhiwa Dali  
MEC Media Liaison Officer  
Cell: 082 904 0262