



*Pour une autoroute
toujours plus sûre*

Somnolence au volant :
les signes qui doivent
nous alerter



mobilité club
france

A close-up photograph of a middle-aged man with grey hair sitting in the driver's seat of a car. He is wearing a black t-shirt and a seatbelt. His eyes are closed, and he has his right hand pressed against his forehead and eyes, suggesting discomfort or irritation. The background is blurred, showing the interior of the car and a glimpse of the road outside.

Signe d'alerte #1

Picotement des yeux



Signe d'alerte #2

Bâillements répétés

A man with a dark beard and mustache, wearing a light blue button-down shirt, is sitting in the driver's seat of a car. He is looking out the window with a concerned expression, his right hand resting on his forehead. The car's interior, including the steering wheel and headrest, is visible. The background shows a blurred outdoor scene with buildings and trees.

Signe d'alerte #3

Difficulté à se concentrer



Signe d'alerte #4

Fourmillements dans les jambes



Signe d'alerte #5

Besoin incessant de changer
de position

A close-up, side-profile photograph of an elderly woman with short, grey hair and glasses, sitting in the driver's seat of a car. She is smiling slightly but holding her right hand to her neck, indicating discomfort or pain. The background shows a blurred view of a road and greenery through the car window.

Signe d'alerte #6

Raideurs dans la nuque et le dos

A woman with long brown hair, wearing a bright yellow raincoat over a patterned sweater and a brown headband, stands next to a dark-colored car. She has her arms raised in the air, smiling broadly. The car's side mirror and part of the door are visible. The background shows a scenic landscape with rolling hills and mountains under a soft, hazy sky. The overall mood is one of joy and freedom.

On s'arrête

Dès les

premiers signes d'alerte !



Agir pour une **mobilité**
sûre et durable ***pour tous***

en partenariat
avec

