



# Texas Safety Rest Areas

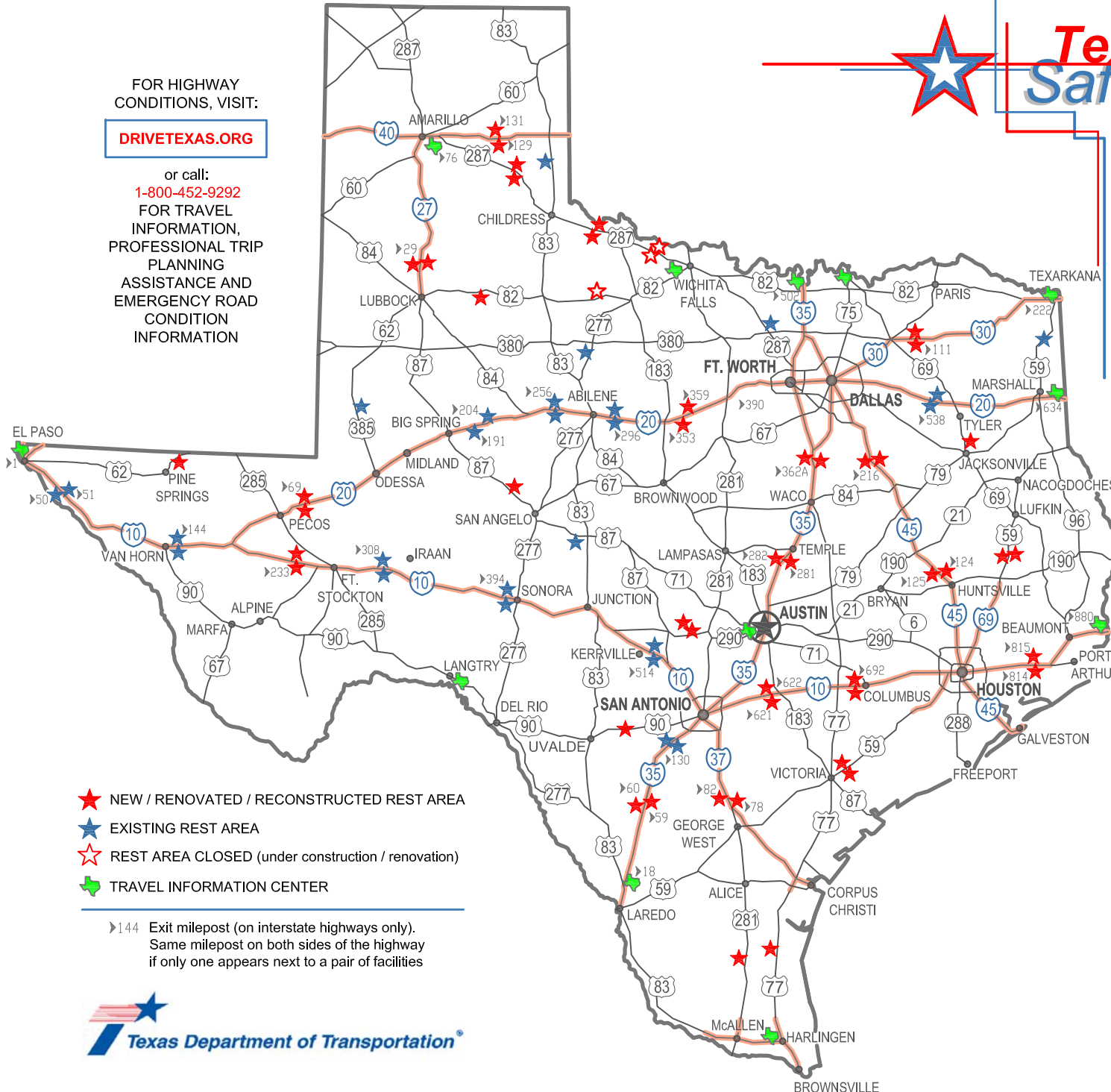
FOR HIGHWAY CONDITIONS, VISIT:

[DRIVETEXAS.ORG](http://DRIVETEXAS.ORG)

or call:

1-800-452-9292

FOR TRAVEL INFORMATION, PROFESSIONAL TRIP PLANNING ASSISTANCE AND EMERGENCY ROAD CONDITION INFORMATION



- ★ NEW / RENOVATED / RECONSTRUCTED REST AREA
- ★ EXISTING REST AREA
- ☆ REST AREA CLOSED (under construction / renovation)
- TRAVEL INFORMATION CENTER

▶144 Exit milepost (on interstate highways only). Same milepost on both sides of the highway if only one appears next to a pair of facilities



Texas has the most roadways in the country (TxDOT maintains nearly 80,000 centerline miles) and also the more traffic accidents caused by driver fatigue. Fatigue is a major cause of serious traffic accidents that result in 1,500 fatalities and 71,000 injuries in the U.S. each year.

Attractive, strategically-placed rest areas are essential safety features on the highway system to help drivers fight fatigue by enticing them to stop and rest before continuing with their trips.

Stop and rest at a safety rest area, or a commercial facility, if you have the following warning signs of driver fatigue and drowsiness:

Difficulty focusing or keeping eyes open - Trouble keeping your head up - Yawning repeatedly - Wandering, disconnected thoughts - Feeling restless or irritable - Drifting from your lane - Trouble remembering the last few miles driven - Tailgating or missing traffic signs of exits.

Below are a few suggestions to fight fatigue:

- Get a good night of rest before you leave for your journey. Nothing can substitute a good night of rest
- Schedule regular stops or swap drivers every two hours even if you don't feel tired
- Keep driving to a maximum 8-10 hours per day
- Ensure that fresh air is continuously coming in from outside. Carbon monoxide can build up inside car cabins and accelerate fatigue
- Alertness suffers the most late at night. Avoid driving in those late hours
- Avoid alcohol and sedating medications
- Get off the road if you hit shoulder rumble strips. This is a sign you are losing alertness

# Texas Safety Rest Areas



Donley County Safety Rest Area on US-287

Texas has 21 major highways that serve as long distance travel corridors. Along each of these roadways, rest areas are an essential safety feature to reduce accidents caused by driver fatigue. These facilities give travelers a break from driving, and then return them to the road rested, refreshed and alert.

The Texas Department of Transportation (TxDOT) currently has 76 Safety Rest Areas (plus 12 Travel Information Centers). Plans are underway to revamp the existing rest area system: old, outdated facilities are being replaced and new facilities will be added where needed.

Attractive, safe, and clean rest area facilities are invitations to entice travelers to stop and rest. TxDOT's new generation of Safety Rest Areas features regional designs, modern restrooms, interpretive display exhibits of local features, and separate parking for cars and trucks. The unique, regional character of each facility not only attracts visitors to stop but also serves these facilities as cultural gateways to nearby communities.

Although the Safety Rest Areas are designed to invite, inform and entertain, the basic objective is to see that travelers like you arrive safely at your distant destinations. As you continue on your way, visit us often. Take care. Be safe. And enjoy the adventure of driving across the Great State of Texas.



"Earth-Shelter" design of the Gray County (IH-40, east of Amarillo) facility emulates natural rock outcropping common in the area while conserving building thermal energy.



The Ward County facility (IH-20, west of Odessa) borrows architectural elements from a nearby abandoned military air base, with tall hanger concrete buttresses & barrel vaulted roofs

Tiled murals depicting native landscape; in the restrooms of Chambers County facility (IH-10, east of Houston)



Interactive exhibit displays inside the Hale County facility (IH-27, north of Lubbock) feature a regional agricultural theme with local history & tourist attractions information

