

Road Safety - Arrive Alive



Fatigue

- ⊕ Ensure you have plenty of sleep before a long drive.
- ⊕ Take plenty of breaks (it's best to actually get out of the car)
- ⊕ Consider sharing a long drive with a companion

Braking Distance

- ⊕ Leave enough distance between you and the car in front to ensure you give yourself enough braking distance in the event of that car stopping suddenly.
- ⊕ Beware that if you drive an older car or find yourself in wet conditions it's going to take you longer to stop.



Speed

- ⊕ Stay within the speed limit at all times
- ⊕ Be especially careful when driving on narrow country roads (where most of the worst accidents happen).
- ⊕ The faster you are travelling the:
Less time you have to notice and react to potential hazards
More likely you are to lose control of your vehicle
Longer your braking distance

Head restraint

- ⊕ To help prevent against whiplash in the event of a crash adjust your head restraint to eye level.



Children

- ⊕ Do not allow children to sit in the front passenger seat
- ⊕ Insist they use the back seat and ensure they are properly restrained.
- ⊕ It is now law that all children under the age of 12 must be in an appropriate child car seat.

Smart phone

- ⊕ Do not use your smartphone while driving, e.g. texting, emailing, checking facebook
- ⊕ Many accidents in recent years have been attributed to this.



REPORT BAD DRIVING
& ROAD CONDITIONS

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