



Everyday Road-Safety Guide



Speeding

Arrive safely. Speed can cost a life.

- Stick to the speed limit. It is a maximum, not a target.
- Slow down near schools, taxi ranks, busy towns and places where people walk.
- Leave a bigger following gap when you are behind trucks, buses or in poor visibility.
- Plan your trip so that you are not rushing to make up time.



Distracted Driving

Keep your eyes on the road and your attention on driving.

- Put your phone away, on silent or in driving mode before you start.
- Set your route and music before you pull off.
- Ask a passenger to handle calls, messages and directions.
- If something needs your attention, stop safely first.



Drunk Driving

If you drink, don't drive.

- Decide how you are getting home before you go out.
- Choose a designated driver, use a ride service or stay over.
- Never get into a car with a driver who has been drinking.
- Look out for friends and help them get home safely too.



Driver Fatigue

A tired driver can be as dangerous as a distracted driver.

- Get a proper night's sleep before a long trip.
- Take regular breaks and stop when you feel tired.
- Share the driving where you can.
- Heavy eyelids, yawning or drifting in your lane mean it is time to stop.



EVERYDAY ROAD-SAFETY GUIDE (CONTINUED)



Seat-Belt Use

Buckle up every trip, no matter how short.

- Check that everyone in the vehicle is buckled up before you move.
- Wear the belt flat across your hips and chest, not under your arm.
- Use the right car seat or booster for children.
- Passengers in the back need a seat belt too.



Motorcycle Safety

Ride responsibly. Wear the right protective equipment and remain visible.

- Wear a properly fitted, fastened helmet on every ride.
- Wear protective clothing, gloves and closed shoes.
- Use bright or reflective gear and ride with your lights on.
- Drivers: check your mirrors and blind spots for riders.



Pedestrian Awareness

Road safety is everyone's responsibility.

- Look both ways, and look twice, before you cross.
- Cross at safe places and make eye contact with drivers.
- Wear something bright or reflective when walking at night.
- Drivers: slow down where people walk and give way at crossings.



Dangerous Weather

Slow down and adjust your driving when conditions become dangerous.

- Reduce your speed in rain, mist and strong wind.
- Double your following distance on wet roads.
- Switch on your headlights so others can see you.
- If you cannot see the road clearly, pull over somewhere safe and wait.

