



## FESTIVE SEASON ON-ROAD AWARENESS

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# DEFENSIVE DRIVING

### TIPS

- Be aware of what other drivers around you are doing and expect the unexpected.
- Keep safe following distance.
- Speed to be adjusted according to road and weather conditions.
- Reduce the risk of collision by anticipating dangerous situations, adverse conditions or the mistakes of others.





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# DISTRACTIONS

### RISKS

- Don't get distracted by using any mobile device (phone, tablet etc) fiddling with the radio, eating whilst driving, etc., as distractions cause the following risk.
  - . *Slower reaction response times.*
  - . *Problem staying in your lane (Swerving).*
  - . *Visual-eyes off the road.*
  - . *Mechanically-hands off the wheel.*
  - . *Cognitive-mind off driving.*

### TIPS

- Never operate your mobile device whilst operating a vehicle.
- Do not be distracted by driving and eating at the same time.
- Do not fiddle with the radio whilst driving.



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# DON'T DRINK AND DRIVE

### RISKS

- Operating your vehicle under the influence of alcohol and drugs might impair your vision and response times.
- It is illegal to operate your vehicle whilst under the influence of alcohol
- Some medication contains alcohol and might cause drowsiness

### TIPS

- Never drink alcohol before your trip. While you may not become intoxicated from one beer, you may become sleepy.





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# DRIVE WITH LIGHTS ON

### RISKS

- In Kenya approximately 40% of fatalities consist of pedestrian deaths
- Many informal settlements in Kenya are situated next to highways, thereby the risk of further pedestrian fatalities.
- Children attending schools in rural communities walk several kilometres next to the roads to and from their schools.

### TIPS

- It is easier to see vehicles in low light situations, especially oncoming vehicle.
- It is easier to spot vehicles in glare, shade, etc. when the vehicles drive with their lights on.
- Your attention is grabbed a bit faster and it gives a few split seconds more to react, adjust, etc. split seconds that could make a difference in dangerous situations.
- **Therefore, we should always drive with our lights on - even during daylight.**





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# FOLLOWING DISTANCE

### RISKS

- By driving too close you have no view of the road ahead and less time to react if the unexpected occurs
- Fog, rain and smoke can drastically lower the level of visibility
- As visibility decreases, your risk of being in a collision increases
- Night time driving: visibility on the roadway is decreased at night and just before sunrise or after sunset.

### TIPS

- Always follow the 3 seconds following distance rule (or 3 vehicles length).
- To lessen risk, you must understand how reduced light limits visibility and how to manage the driving task in low light condition
- Adjust your driving speed to the current weather conditions.





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# HIJACKING

### TIPS

- Plan and let someone know what your route is and when to expect you at your destination.
- Always check the rear view mirror to see if you are being followed.
- When stopping behind another vehicle, leave half a vehicle length space in front so you can make an emergency escape if necessary.





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# ROAD COURTESY

### RISK

- Road rage is aggressive or angry behaviour by a driver of a vehicle. Such behaviour might include rude gestures, verbal insults, deliberately driving in an unsafe or threatening manner, or making threats. Road rage can lead to altercations, assaults and collisions that result in injuries and even deaths. It can be thought of as an extreme case of aggressive driving.

### TIPS

- Be a polite driver.
- Avoid confrontation.
- Remember that it's not nothing personal.
- Keep your driving environment calm.
- Allow yourself plenty of time.
- Always remember that the road is a public space.





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# SEAT BELT

### RISK

- Seatbelts should be regularly checked for damages, common forms of damage to the seat - belt that will reduce its effectiveness in an accident are;
  - . *Fraying or fluffing around the edges of the seat belt.*
  - . *A cut which causes the fabric to split.*
  - . *A hole in the seat belt.*
  - . *Damage of the buckle.*
- In an accident, the webbing of a seat belt stretches, which absorbs some of the energy on impact. This helps prevent any injury from the contact between the seat belt and occupant. A seat belt that has restrained an occupant in an accident would be more likely to cause an occupant injury if it were involved in another accident, and must always be replaced.

### TIPS

- The belt should be worn as tight as possible with no slack
- The lap belt should go over the pelvic region, not the stomach
- The diagonal strap should rest over the shoulder, not the neck
- Nothing should obstruct the smooth movement of the belt







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# SPEEDING

### RISKS

- Speed reduces the amount of available time needed to avoid a crash/to stop the vehicle.
- Speed extends the distance a vehicle travels while the driver reacts to a dangerous situation.
- Speed reduces the ability of the driver to steer safely around curves or objects on the road.
- Speed reduces the likelihood of crashing.
- Speed increases the severity of a crash once it occurs.

### TIPS

- Always adhere to the speed limit.
- Adjust your speed according to the road condition and weather conditions (rain, fog, smoke etc.)





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# VEHICLE SAFETY

### RISKS

- Unroadworthy vehicles might lead to accidents (mechanical failure), and also fines.
- Brakes that are not in good working condition may lead to accidents.
- Cracked windscreens can impair and obstruct your vision.
- Worn tyres can lead to tread separation or blowout and flat tyres.

### TIPS

- Always inspect your vehicle before you operate it to ensure that it is in a roadworthy condition.
- Inspect tyres for cuts, slashes and other irregularities. These are the most important things you can do to avoid tyre failure.
- Do not operate your vehicle if it is not safe to do so.





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# VEHICLE STOPS

### TIPS

- Be sure to stop regularly to get out of your car and stretch before continuing on your journey.
- Find interesting places where you can stop for 20 to 30 minutes to have a break

