

Road safety tips



The World Health Organisation reports that around 1.2 million people die as a result of road traffic injuries each year and as many as 50 million people are injured while using the road.

This has resulted in a global call to action to reduce road accidents by the United Nations. Together we can all do our part in reducing the number of traffic accidents around us.

Follow these road safety tips

- **Stick to the basics.** It's easy to get distracted, but if we all follow the basic rules of the road there will be a lot less accidents. Keep a safe following distance, stick to speed limits, don't give in to road rage, watch out for pedestrians and cyclists, and be on alert for other drivers by anticipating their movements to avoid potential collisions.
- **Don't drive while on medication or alcohol.** We tend to overestimate our driving ability, so if you are taking medication that makes you drowsy or imbibing in alcohol, don't get behind the wheel.
- **Wear a seat belt.** The law requires the driver and all passengers to wear one even for short distances. Seat belts reduce risk of death by up to 54% according to the Western Cape Government. Make sure that children have an appropriate child seat for their age.
- **Do not use a cell phone when driving.** It reduces driver concentration and makes you likelier to miss traffic signals and have an accident. As a passenger you can and should tell the driver to stop using one.
- **Make sure your car is serviced regularly.** Also ensure that your tyres aren't worn, and check your car's oil and water often.
- **Have emergency numbers handy.** Make sure that your cell phone battery is charged and that you have a first aid kit on board.
- **Keep your energy levels balanced.** Stay hydrated, don't drive while exhausted, and make sure that you have a healthy snack as a blood sugar dip can cause some people to lose concentration and even faint.
- **Don't drive at the time you normally sleep.** 40% of accidents occur at night so avoid it if possible. Make sure your headlights are switched on for more visibility.