



KKSS-TEK

Road accident prevention advice

General points

- Watch your speed when you are driving. Watch your speedometer, know the limits, concentrate and slow down when you are entering villages.
- Do not use hands-free or hand-held mobile phones whilst driving.
- Follow UK DVSA guidance on medical conditions that can affect driving.
- Do not park on pavements - this affects pedestrian safety.
- Broken-down vehicles should be moved off the road if possible. Switch on hazard warning lights and wear a high-visibility jacket if possible.
- If stopping on a hard shoulder is necessary, leave the vehicle and wait on the embankment for assistance. Stationary vehicles on the hard shoulder are at high risk of being involved in an accident. Use motorway emergency phones to aid locating you. If you feel vulnerable, leave the passenger door open and enter your vehicle if someone approaches, then communicate through a narrowly opened window.

Preventing sleepiness while driving

- Drive when well rested, healthy and not taking sedating medication.
- Take regular rest breaks (at least 15 minutes every two hours).
- If feeling sleepy during a journey, stop somewhere safe, take drinks containing caffeine and take a short nap.
- If necessary, plan an overnight stop. Avoid driving into the time when you would normally be falling asleep, into the small hours (2 am-6 am) or after a full day at work.
- Be extra careful when driving between 2 pm and 4 pm, especially after a meal.

Alcohol, medicines and drugs

- If intending to drive, do not drink alcohol. Never rely on trying to calculate accurately how much alcohol is in your body, and whether you are above or below the drink drive limit.
- If intending to drink alcohol, either arrange for a non-drinking person to drive, use public transport or stay overnight. Be aware that you may still be impaired the following morning after a drink the night before.
- Avoid driving while under the influence of medicines. Check for warnings on the packet patient information leaflet, AND ask a pharmacist or doctor if the medicine could affect your driving.
- Do not drive under the influence of drugs.

Seat belt regulations: All passengers should use appropriate seat belts *for* child restraints; this is the driver's responsibility. Detailed information is available on suitable child seats and current regulations.

SOME GENERAL ADVICES BY EXPERT INSTRUCTORS:

Female Security. Always reverse into parking bays and have car keys ready in the hand rather than searching in the bag. Especially in dark car parks at night if travelling alone.

Then lock the door from the inside for extra security.

When negotiating a roundabout always look and if possible, make eye contact with traffic coming on from the left, also look where they are steering, don't rely on signals. Forward planning is forward thinking.

Don't follow the queue, lead the pack. (On open roads) – Be a space maker and not a space invader (town driving) – When it's wet on the floor count to four. (2 second rule).

Never place the vehicle somewhere that the eyes and brain haven't been first – In relation to entry speed into bends/brows of hills etc. Stopping within the distance that can be seen to be clear.

When driving on a motorway, drive in a check board fashion, to provide a 4-way escape route. Only pass a vehicle when you can clear the front of that vehicle, and not end up at the side of it (and in the case of large vehicles – their blind spot).

Roundabouts: Look to go, but prepare to stop. Meeting Traffic: If in doubt, chicken out BUT; make sure that the car hasn't received wrong idea.

As you cross the white line in front of you, you should be looking in the direction you are travelling. A good driver knows as much about what is happening behind him as they know about what's happening in front.

Wondering whether your mental driving state at any particular time is appropriate?

Take a moment to think if everyone around you was to be driving in the exact same style and manner as yourself, at the same speeds with the same separation gaps, what would it be like? If you're thinking along the lines of tense or frenzied then it's definitely time to make adjustments!