



Road Safety Awareness

Many people spend a good part of their day in their cars. Developing patience and practicing defensive driving will make you a safer and more courteous driver. In many cases, actions that keep you safe are also courteous. Stay safe on the road, observe the following :-

Road Ethics and etiquette

Road Ethics and Etiquette- Means knowing what is right from what is wrong on the road. Some of the road etiquette include:-

- **Parking etiquette:-** Do not park in two parking spaces or park in reserved parking. When parking Make sure you leave enough room on both sides for passengers to get out without bumping the adjacent car.
- **Avoid Lane splitting/overlapping:-** Stay in your lane until it's time to merge. When you're trying to enter traffic, give way and be sure there's truly enough space.
- **Avoid hooting unnecessary:-** No matter how frustrated you are, Honk briefly to alert the other driver.
- **Signal your intention:-** Using your turn signals before turning a corner or switching lanes.
- **Never drink and drive:-** These safeguards are the most thoughtful acts of all as they can save lives.
- **Drive at the speed limit:-** Do not Overtake, Observe speed limit.

Distracted driving

Distracted driving:- This is any activity that diverts your attention away from driving. The distractions can endanger you, your passengers, and other road users.

Types of distraction driving.

There are three main types of distraction:-

- **Visual distractions:** Anything that takes your eyes off the road.
- **Manual distractions:** Anything that takes your hands off the wheel.
- **Cognitive distractions:** Anything that take your mind off driving.

Examples of distracted driving include:-



Talking on the phone while driving.
Sending a text message while driving.



using a navigation system and other car accessories eg radio system, Climate Controls.



Eating and drinking while driving.



Daydreaming.



Journey planning and fatigue management

Journey Planning:- This is a process that allows you to manage and reduce transportation-related risks, ensuring a smooth and safe journey.

Fatigue management:- Refers to the process of managing mental or physical exhaustion that stops an individual from performing normal functions.

Tips on how to plan for your Journey.

- Schedule your journey carefully to avoid night driving.
- Take into account road hazards and weather conditions.
- Plan when and where to take rests.
- Time your journey and allow extra time to account for unexpected delays.
- Define your route well, Identify black spots/route hazardous spots.
- Stay hydrated with non-caffeine/alcoholic drinks.

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