Dec 2018 Employee Wellness Communication



Road Safety - Arrive Alive



Fatique

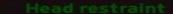
- Ensure you have plenty of sleep before a long drive.
- Take plenty of breaks (it's best to actually get out of the car)
- Consider sharing a long drive with a companion

- Leave enough distance between you and the car in front to ensure you give yourself enough braking distance in the event of that car stopping suddenly.
- Beware that if you drive an older car or find yourself in wet conditions it's going to take you longer to stop.





- Stay within the speed limit at all times
- Be especially careful when driving on narrow country roads (where most of the worst accidents happen).
- The faster you are travelling the: Less time you have to notice and react to potential hazards More likely you are to lose control of your vehicle Longer your braking distance



To help prevent against whiplash in the event of a crash adjust your head restraint to eye level.





- Do not allow children to sit in the front passenger seat
- Insist they use the back seat and ensure they are properly restrained.
- It is now law that all children under the age of 12 must be in an appropriate child car seat.

- Do not use your smartphone while driving, e.g. texting, emailing, checking facebook
- Many accidents in recent years have been attributed to this.





REPORT BAD DRIVING 800 400 800



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