



## The road to safety

### Description

Many of us are embarking on our annual holidays this festive season, often driving long hours and far distances to see family or relax at a fun destination. However, ensuring safety on the roads is crucial to making sure your journey is enjoyable and incident-free.

Getting up before the sun, boot fully loaded with suitcases, snacks ready in plastic containers and sleepy-eyed children bundled into the back seat – a road trip is a special and exhilarating experience. But remember to put safety first.

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### **Stay alert, stay alive**

Driver fatigue is one of the leading causes of road accidents. Make sure you get a good night's sleep before starting your trip. Plan your journey with regular breaks every two hours or 200km to stretch, hydrate and refresh. If you feel drowsy, don't hesitate to pull over at a safe location and take a short nap, or share the driving responsibilities with your travel companion.

## Put safety first

Always obey speed limits and traffic signs, and maintain a safe following distance. Use your indicators when changing lanes or turning, and be extra cautious in adverse weather conditions. Avoid distractions such as using your phone, eating or adjusting your GPS/radio while driving. If you need to do any of these things, pull over safely first.



## **Buckle up**

Wearing a seatbelt is one of the simplest yet most effective ways to protect yourself in the event of an accident. Ensure that all passengers are buckled up before you start driving. Seatbelts significantly reduce the risk of serious injury or death in a crash, so make it a non-negotiable rule for everyone in the car.

## **Smooth running**

A well-maintained vehicle is less likely to break down or cause accidents. Before setting off, check your car's oil, coolant and brake fluid levels. Ensure that your tires are properly inflated and have sufficient tread. Test your lights, wipers and hooter to make sure they are functioning correctly. Also make sure your spare tyre is inflated and you have all the basic tools for an emergency in your boot.

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## **Make a plan**

Planning your route in advance can help you avoid getting lost and reduce stress. Use a reliable GPS or map and have a backup plan in case of road closures or detours. Stay informed about the weather conditions and traffic updates along your route.

## **Know where to go**

Before you set off, update your GPS maps so that you can be guided on the most accurate, safe route to your holiday destination.

Remember, it's more important to get there than to get there fast. Take the time to ensure that you are safe on the roads and have a safe, happy holiday.



## Category

1. Lifestyle