

DRIVE SAFELY



I Driver

I-1 Safe Driving Practices

Fact

- Seat belts reduce the risk of fatal injury by 45% and the risk of severe injury by 50%

Tips

- Always ensure that you and your passengers wear seat belts
- Maintain a calm and positive attitude towards other road users
- Stay within the speed limit; remember, they are limits, not targets
- Adjust your speed to match road and weather conditions









I-2 Fatigue

Facts

- 10-20% of global road crashes are fatigue related
- A driver awake for 17 hours has the same crash risk as a driver at the 0.05 blood alcohol level (twice the normal risk)

Tips

-  Plan your journey and take breaks
-  Rest well before your journey
-  Postpone your journey if you are feeling ill or tired
-  Avoid driving late at night
-  Pull over in a safe place and get some rest if you feel tired
-  Drive in shifts when possible: one person driving, the other resting



I-3 Distractions

Fact

- Using a cell phone while driving, whether hands-free or not, increases the risk of a crash by 4 times



Tips

- Put your phone in silent mode and place it out of sight
- Provide entertainment for children, such as movies or books, to keep them busy
- Keep music volume low
- Focus on driving and keep your eyes on the road
- Ask passengers to help you navigate and read directions



2 Vehicle

Fact

- Regular vehicle maintenance can help prevent accidents by up to 15% and improve fuel efficiency by up to 10%



Tips

- Check fuel, licenses, oil, water, electrics, rubber, and safety equipment (first aid kit, fire extinguisher, hi-vis jackets, warning triangles, etc.)



Ensure vehicle servicing is up to date



Check tyres pressure and tread depth and fuel level



Check the condition of lights and wipers



Check oil, water, electrics, rubber, and safety equipment (first aid kit, fire extinguisher, hi-vis jackets, warning triangles, etc.)



3 Road and Weather Conditions

3-1 Rain

Fact

- Driving on wet roads increases your vehicle's stopping distance by up to 50%

Tips



Slow down and maintain a safe distance from other vehicles



Turn on your headlights and use your wipers for better visibility





Brake early and gently. Be patient and allow more time to brake



Test your brakes after driving through standing water



Stay alert! Other road users may behave unpredictably



Avoid entering a running wadi if the waterflow has reached the red mark on wadi posts



3-2 Fog

Fact

- Fog greatly reduces visibility and makes it difficult for drivers to see other vehicles, pedestrians, and road signs

Tips



Always check weather conditions before you drive



Slow down and use dipped headlights and fog lights to improve visibility



Maintain a safe distance from other vehicles to allow for sudden stops or manoeuvres



Be prepared for sudden changes in visibility, as fog can vary in density



If visibility becomes extremely poor, it is advisable to pull over at a safe location and wait until the fog clears before continuing your journey



3-3 Wind

Fact

- Strong winds can affect vehicle stability and reduce visibility due to dust or sand

Tips



Slow down and maintain a safe distance from other vehicles



Hold the steering wheel firmly to maintain control of your vehicle



Be prepared for sudden crosswinds, especially when driving near large vehicles or in open areas



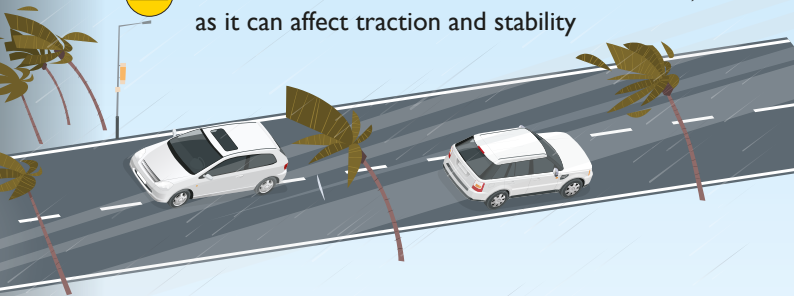
Turn on your dipped headlights to improve visibility



Avoid driving in a dust storm, pull over at a safe location and wait for it to pass



Watch out for sand accumulation on the road, as it can affect traction and stability



4 Emergencies



Fact

- Being prepared for emergencies can help reduce the risk of injury and improve the outcome of unexpected situations

Tips



Do not panic during an emergency or a sudden event



Keep your phone fully charged and your emergency numbers saved



Always keep in your vehicle warning triangle, first aid and fire extinguisher



Have a hi-vis jacket for each passenger



Call emergency number: 9999





