

Safety & Security Advisory 2019



Subject: Tips While Driving

Location: Lebanon

Date: 2019

You can play an active and crucial role in anyone's driving lessons. Here are nine road safety tips to share to encourage them to be better, safer drivers.

1. Wear your seat belt



always wears a safety belt, even for short trips to the shops. According to the Centre for Accident Research and Road Safety in Queensland, you're 10 times more likely to be killed in a road crash if you're not wearing a seat belt.

Seat belts work because they distribute forces from a crash across the chest and pelvis, some of the strongest parts of the body. So that belt could mean the difference between getting a few bruises versus your body flying into the windscreen.

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2. Don't text and Drive – Put your phone away



According to researchers, each time a driver writes and sends a text, his or her eyes are off the road for an average of 4.6 seconds, enough time to drive the length of a rugby pitch. Remind your teen that it's their job to watch the road when driving, and no one else can do it for him.

3. Stick to the speed limit



Speeding is the biggest killer of young drivers. Remind your teen that there's no pressure to keep up with other vehicles in traffic. Keeping to the speed limit will not only reduce the risk of an accident, but also help drivers avoid costly traffic fines that can affect car insurance premiums.

4. Check your blind spot every time



Side and rear mirrors do a good job of showing what's happening behind the vehicle. However, they still leave areas big enough for other cars, bikes and people to hide in. That's why drivers should check their blind spots:

- Before pulling out from the kerb
- Before parking or leaving a parked position
- Before and during a three-point turn
- Before merging with other traffic
- Before changing lanes (e.g. when passing or overtaking)
- Before turning, where you've seen another car

5. Don't drive in someone else's blind spot



You should be aware of your own blind spots, but also those of other vehicles too. If they're driving alongside the right of and slightly behind another car, that other car might not see them there. You should pull alongside or in front of them, or drop back until he can see the face of the other car's mirrors.

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6. Don't drink & drive



It's easy to avoid the subject of alcohol and drugs, but turning a blind eye won't make the issue go away. Even small amounts of alcohol in the bloodstream affects driving ability, and increases the risk of a serious or fatal accident. It's best to set some expectations regarding drinking and driving up front. Establish a firm rule, and stick to it.

7. Sleep, then drive



Did you know that driving sleepy can be just as dangerous as driving drunk? Sleepiness impairs a person's attention, working memory and coordination skills, all crucial for safe driving.

Learn the warning signs of sleep driving. These include: daydreaming, difficulty focusing, frequent blinking, heavy eyelids and trouble keeping the head up. Let them know it's OK to pull over for a 20-minute power nap, then get back on the road more rested.

8. Turn on your headlights



It's an obvious thing to do at night, having your headlights on.

STAY SAFE!