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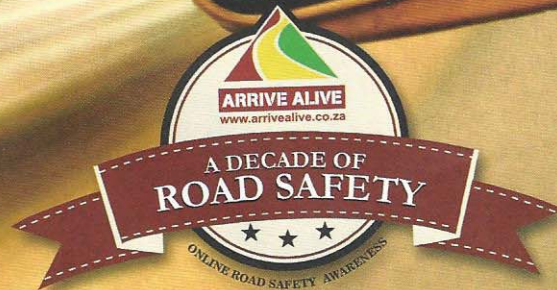
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# The Do's and Don'ts on the Road IT CAN SAVE OR DESTROY A LIFE

## DO THE FOLLOWING:

- Obey the rules of the road and carry your driver's licence with you.
- Plan the route to your holiday destination and allow yourself enough time to reach the destination.
- Make sure that your vehicle is in a roadworthy condition before departure.
- All lights and indicators, windscreen wipers, brakes, steering, exhaust system and tyres should be carefully examined for faults.
- Have a good rest before you embark on your journey and have an energy drink by your side.
- Take safety breaks/ rest stops every 2 hours or 200km.
- Try to recognize potentially dangerous drivers on and pedestrians alongside the road and keep well clear of them.
- Be alert to changing road and weather conditions. Be visible – drive with your lights on!!
- Always wear your seat belt and check to see that everyone in the car is wearing theirs.
- Only overtake when it is absolutely safe to do so.
- Maintain at least a 2 second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.

## DON'T DO THE FOLLOWING:

- Do not overload.
- Do not drive late at night or through the night if not absolutely necessary.
- Do not drink and drive!!
- Do not blind oncoming traffic - Headlights should be dipped well before an approaching vehicle is within range of the main beam.
- Do not get too agitated by other road users – keep your temper and resist the temptation to retaliate.
- Do not exceed the speed limit or any speed higher than is safe for the specific circumstances.
- Do not assume that others will be as obedient to the law as yourself.
- No not get distracted by technology, handheld devices or anything taking your focus away from the road!
- Do not be an aggressive driver -Rather drive defensively with a focus on safety for all road users.
- Do not take risks – always ask before making a manoeuvre – Is it Legal? Is it Safe? Is it necessary?

Share these suggestions with your family and friends – And may you and your family have a happy and safe journey!

[Advice from [www.arrivealive.co.za](http://www.arrivealive.co.za) and all our Road Safety Partners]

