



Road Safety

Weather conditions, fatigue, alcohol, stress and mobile phones are just some of the factors that contribute to road accidents. The following advice will help you to avoid potential risks as a road user.



For all medical emergencies dial 000 immediately and ask for Ambulance

REDUCING YOUR RISKS WHEN DRIVING

If you are planning to travel the following suggestions will help reduce the risk to you and your passengers:

- > Leave plenty of time for your trip. Do not be impatient in the traffic.
- > Take a break from driving at least once every two hours.
- > Alcohol and driving do not mix, ensure that only sober drivers get behind the wheel.
- > Maintain a speed that is safe for the conditions. The posted speed limit is the maximum speed in good conditions. When traffic is heavy or visibility is poor, a slower speed is safer.
- > Obey road rules and never drive aggressively.
- > Always wear your seat belt on every trip, no matter how short. Seat belts protect you from other drivers who may not be as careful as you.

- > If driving on country roads, be aware of wildlife or stock animals on or near the road. It is safer to hit an animal than to swerve whilst driving at speed.
- > On icy or snow covered roads, it may be safer to pull off the road and wait for better driving conditions.
- > After a period of hot, dry weather, the onset of rain means that roads are more slippery than normal with a build up of oil and grease on the surface. Slow down in these conditions.
- > Never use a mobile phone when driving. Even when using a hands-free model it may be safer to pull over to the side of the road during heavy traffic or poor or unfamiliar road conditions.
- > Have your car serviced regularly and check the tyres before a trip to reduce the risk of accidents.

FIRST AID COURSES

The Ambulance Service of New South Wales encourages everyone to learn first aid. This can give you the confidence to assist when someone is injured or ill. To enrol in a first aid course contact an accredited provider listed with the Workcover Authority.

For further information please contact: