

# DRIVER ROAD SAFETY TIPS

## 1 SPEEDING

- Major factor in about a third of all fatal crashes.
- Gives you less time to slow down, less time to stop.
- Approximately 70% of all Road Fatalities involves Speeding.

## 2 ALCOHOL DRUGS AND DRIVING

- Reduces your field of vision.
- Delays reaction times.
- Decrease co-ordination and decision making skills.
- Makes it difficult to gauge speed & distance.
- Increase risk-taking behaviours.

## 3 FATIGUE

A person who drives tired may experience the following:

- Wandering thoughts.
- Missing road signs or exits.
- Slowing unintentionally.
- Yawning
- Not blinking for long periods.
- Difficulty focusing

## 4 SEATBELT

Seatbelts save lives, if you are involved in a collision and you are not wearing a seatbelt you are 18 times more likely to die than someone who does wear a seatbelt. Seatbelts save lives because they stop a person from being ejected from the car and they spread the impact force over a greater area of the body.

## How Long does it take to stop your car

The time it take to stop a car depends on three things:

- **Reaction Distance** - the distance travelled from the time you realise you need to stop until you apply the brakes.
- **Braking Distance** - the distance travelled from the time you apply the brakes until the vehicle stops. Braking hard on a wet road may cause the car to skid. The braking distance will also increase if tyres and / or brakes are not in good condition; and
- **Stopping Distance** - the total reaction distance plus braking distance. It is the distance travelled once you react to an emergency, apply the brakes, and come to a stop.

Any of this will affect your stopping distance:

- **Road Condition** - drive carefully over road surfaces that are covered with loose material or that are in poor condition.
- **Weather Conditions** - Adverse conditions such as wet weather and poor road surface increases stopping distance.
- **Unfit Drvier** - drivers who are sick tired or suffering from a hang over will take longer to react. Avoid driving in these conditions.

## SPEED THRILLS BUT KILLS



For more information Contact  
Central Eastern: 339 2166 Email: [media@lta.com.fj](mailto:media@lta.com.fj)  
Western: 666 1177 Web: [www.lta.com](http://www.lta.com)  
Northern: 881 1833 Facebook: Land Transport Authority-Fiji  
Toll Free: 0800 334 2886

**FIJI DECADE OF ACTION FOR ROAD SAFETY 2011 - 2020**  
Together we can save millions of lives.



# DRIVER ROAD SAFETY



## How you Drivers (and Passengers should view the road



### why is speeding dangerous?

The speed of a vehicle will influence both:

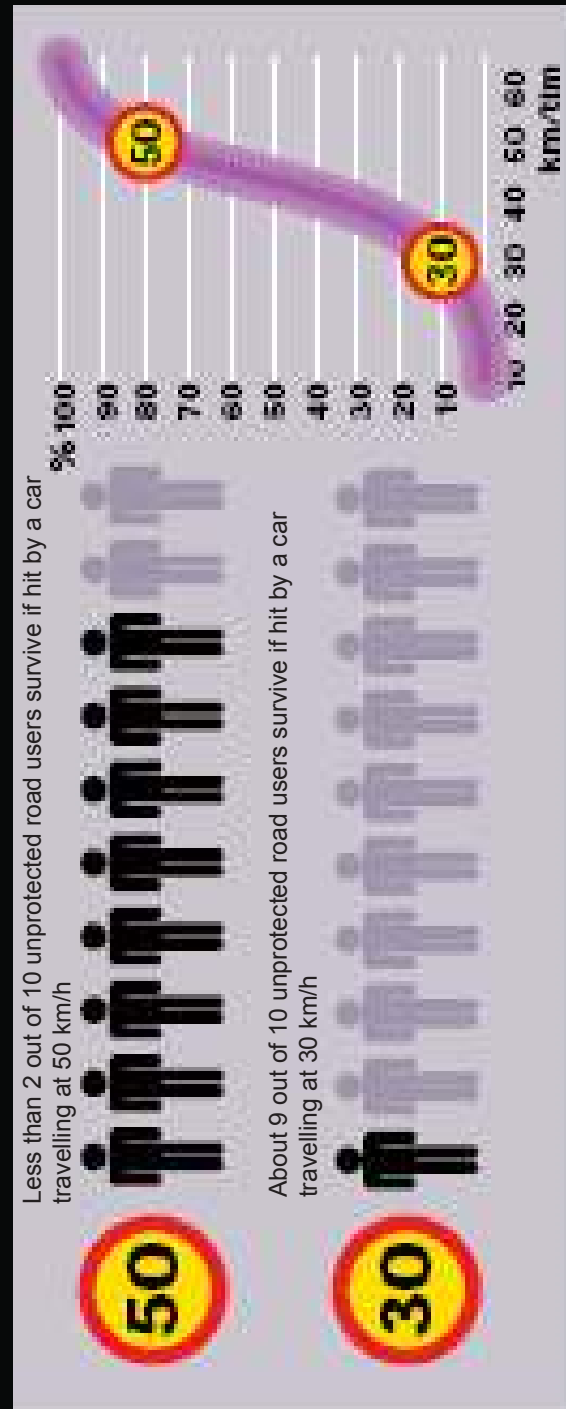
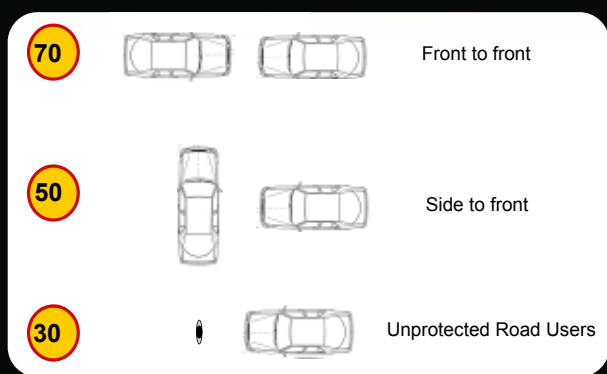
- the likelihood of a crash
- the injury severity
- approximately 70% of all Road Fatalities involves speeding.

### Factors of Speeding

Speed continues to be a major contributing factor in road crash on our Fiji roads and a critical determinant of injury. Despite on-going public education campaigns on the dangers of speeding, the incidence of speed as a factor in fatalities on fiji roads during the past ten years has been increasing.

Speed often occurs during work-related driving of time constraints from busy work loads. However it is far better to arrive late for a meeting than be killed or seriously injured in a speed-related crash.

### Safe conditions (km/h)



Source: OECD manual of Speed management (2006)

## Risks of Speeding

It is important to understand that travelling at an inappropriate speed can put you and other road users at risk. There are two types of inappropriate speed:

- travelling at excess speed, i.e, faster than the speed limit posted on a particular stretch of road.
- travelling at a speed that is wrong for the particular road and traffic conditions (such as bad weather or heavy traffic) even when it is within the speed limit.

In most situations where speeding occurs, drivers are free to choose how fast they will go. So why risk your life and the lives of others by choosing to speed?

### Why does speeding increase the risk of crashing?

The risk of crashing increases if you are speeding because:

- you have less time to notice hazards like a child running onto the road in front of you;
- if you do not notice a hazard, you have less time to work out what to do and then take action;
- braking distance is longer.
- you are more likely to lose control of your vehicle; and
- other road users may misjudge your speed, thinking that you are travelling within the speed limit, and make a mistake.

## SPEAK OUT Against Reckless Drivers

