

## Additional Materials - Safe Road Use Cards

- Use one sheet, print on both sides (preferably on card)
- Cut each row along the dotted lines

### DISTANCE

Avoid long journeys at night or as determined by security situation for your area.

### BUCKLE-UP

Always wear a seatbelt in a vehicle or helmet on a motorcycle in order to prevent death or serious injury in case of road crash.

### SPEED LIMIT

Never exceed the speed limit and adjust your speed for the weather, road conditions and other road users.

### EYES AND EARS

Remain alert and vigilant at all times as a driver, vehicle passenger and pedestrian.

### AWARE

Understand all the steps to take if a road crash occurs.

### REST

Take a 15 minute break for every 2 hours of driving subject to security conditions.

### FORWARD PLAN

Plan your journey carefully in advance so that you are prepared for incidents including road crashes that may occur.

### OFFLINE

Don't use your phone or other device while driving.

### EVIDENT

Be vigilant and visible to motorists as a pedestrian and/or cyclist.

### ABSTAIN

Never drive under the influence of alcohol or medication or illicit drugs.



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