



Vehicle-related measures

Active safety devices are those which prevent an accident from happening (steering, suspension, brakes, stability and traction control, lights, ABS ...).

Passive safety devices are those which reduce the seriousness of injury in the event of accident (bodywork, airbags, seatbelts, side impact bars ...).

Constant use and the passage of time may cause parts of the vehicle to suffer wear and tear. Driving a vehicle in perfect condition considerably limits the risk, hence the need for proper maintenance.



Tips for Pedestrians

- Always take the safest route
- Make sure to leave in time
- Walk on the pavement, away from the edge
- Do not cross the road while distracted, and use designated crossings
- Before crossing, look left and right. Cross when the road is clear
- Do not cross in front of a parked vehicle
- Cross only on a green light
- Abide by road signs and police instructions
- On highways, walk along the hard shoulder on the left-hand side
- When walking at night in poorly lit areas, carry a torch and reflective device
- Pay attention to conditions underfoot (steps, broken paving stones, potholes, bumps ...)
- Take particular care in poor weather conditions (snow, rain, ice)



In case of accident

Mark the accident location:

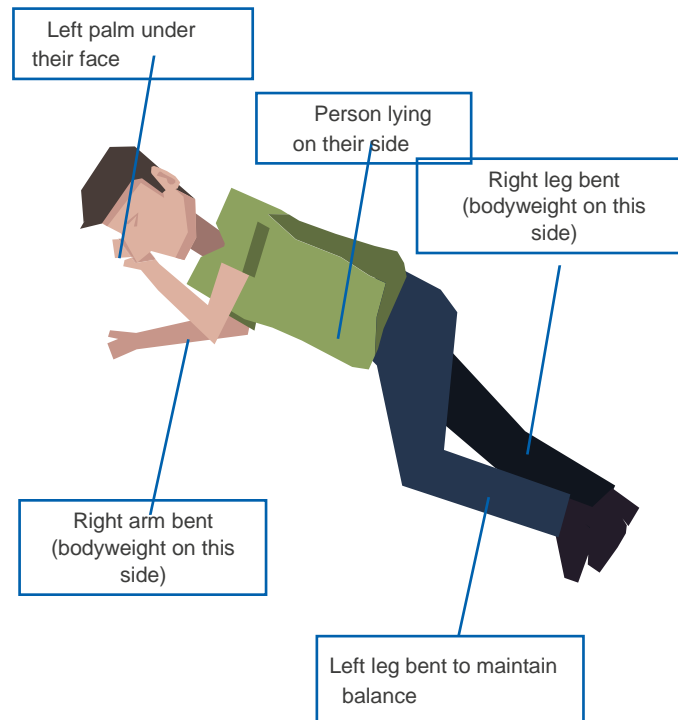
- Switch on sidelights and hazard lights, and place the warning triangles.

Assess the damage and call for help:

- Identify any risks, notify the emergency services, clear the area and move injured victims away.

Tend to the victims:

- Help the injured (move them as little as possible, loosen their clothing, don't remove their helmet, give them food or drink, or any medication)
- Assess their injuries (check their pulse, breathing and consciousness, deal with the most urgent cases, wrap them up warm, comfort and calm them)
- Assist injured victims (recovery position, CPR, immobilisation, wound compression)



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Road Safety Recommendations



Accident rates

As traffic on road and city streets becomes more intense, it becomes more likely that accidents may occur while in transit, because although we all think we know how to be a safe driver or pedestrian, the reality is quite different.

A “**commuting**” accident is defined as "one suffered by an employee while travelling from home to work or vice versa". This journey may be on foot or in any type of vehicle, and the route taken must be the normal and logical route.

An “**on-the-job**” accident is defined as "a traffic accident suffered by the worker while working".

Tips for Drivers

- Abide by the highway code
- Make sure to leave in time
- Keep a safe distance away
- Signal manoeuvres sufficiently in advance
- Always wear an approved helmet/seatbelt
- Keep your motorcycle/vehicle in good repair
- Don't zigzag between vehicles. Stay in line
- Never take risks when overtaking, and give way to those asking to be let in
- Stick to the speed limit
- Adapt your speed to road conditions
- Never drive after drinking alcohol. If you feel tired, stop and rest
- Respect pedestrian crossings
- Anticipate how pedestrians will move
- Do not gesture to pedestrians to cross the road

Driving at night

Visibility is much lower at night, it is much easier to be dazzled, and our biological clock tends to make us sleepy.

Sleepiness has a very negative effect on driving: much slower reaction times, increased distraction, bursts of microsleep, altered perception of speed, time and distance, reduced sensory input capacity and behavioural changes.

These effects are exacerbated by monotonous highways, old age, tiredness, alcohol, poorly ventilated vehicle, heavy meals, high temperature, relaxing music...

Tips for Cyclists

- Avoid public roads
- Keep your bike in good condition
- Always wear an approved helmet
- Keep both hands on the handlebars
- Use suitable lights and reflective clothing at night
- Overtake properly
- Take care at level crossings
- Secure the bike to the car properly
- Adjust speed in line with road conditions
- Do not cycle after drinking alcohol
- Don't zigzag between vehicles. Stay in line
- Ride on the right-hand hard shoulder
- Take care with right of way at junctions, turns and roundabouts
- On stretches with poor visibility, ride one behind another

Remember that you yourself are the bodywork of a bicycle or motorbike, and in the event of an accident you will come off worse!

Using a mobile phone

You are 5 to 10 times more likely to suffer an accident. The most dangerous moments are:

- When receiving a call, picking up the phone, talking or dialling a number

"Hands-free" devices do not overcome all the dangers

Mobile phone use is also dangerous for pedestrians:

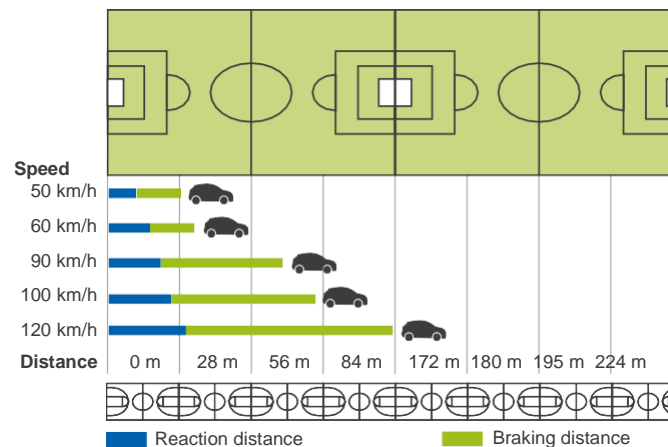
- Distraction and carelessness
- Sudden stops for no reason
- Lack of attention at junctions

Alcohol

Alcohol in blood	Effects	Risk of accident multiplied by:
0.15	Reduced reflexes.	1.2
0.20	Difficulty driving in a straight line False perception of distance.	1.5
0.30	Speed underestimated Movements hampered.	
0.50	Euphoria. Reduced risk perception. Longer reaction time.	3.0
0.80	General impact on behaviour.	4.5
1.20	Intense fatigue Blurred vision	9.0
1.50	Severe drunkenness	16.0
3.5	Coma	-
4.5	Death	-

Speed

The higher the speed, the greater the reaction time and braking distance



Measures to improve grip

- Reduce speed and increase the safety distance
- Drive cautiously and brake frequently
- In case of snow, use snow chains and follow in other vehicles' tracks
- Take care on bends: cautious speed and high gearing ratio
- Brake further ahead, gently and progressively
- Don't brake if losing control of the vehicle: Lift your foot off the accelerator and steer into the trajectory.
- Regularly clear mudguards of snow and mud
- Keep your tyres in good condition: with the right pressure and tread
- Avoid puddles: aquaplaning



Measures to improve visibility

- Use screen wash and windscreen wipers
- In extreme cases, turn on the rear fog lights
- Turn on the dipped headlights and front fog lights
- Keep windows clear, turn on the heated rear windscreen and blowers
- Drive behind another vehicle, at a sensible speed and distance
- Wiping a cut potato over the glass helps to stop it fogging up, and repels water
- Put antifreeze or washing-up liquid in the screen wash water
- Clean the windscreen wiper blades with cola
- Anticipate splashing from oncoming vehicles

Measures to avoid dazzling

- Anticipate beams of sunlight
- Keep windows clean
- Point the sunshade in the right direction and wear sunglasses
- Reduce speed, and stop if necessary
- When approaching an oncoming vehicle at night, look to the right and keep calm
- At night, use dipped headlights when: approaching an oncoming vehicle, taking a bend, overtaking or driving behind another vehicle