

# THE ROAD TO SAFETY

Your bags are packed – holidays await. But before you start your engine, there's one more thing to consider.



## THE DANGERS OF THE ROAD

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South Africa has one of the highest rates of road fatalities in the world, with about 17 000 deaths per year.

## SLEEPINESS: THE SILENT KILLER

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A recent study into the possible causes of road accidents on the N3 Toll Route between Warden and Villiers, in the Free State, found most of the accidents happened while the weather conditions were clear, and particularly at night. This led the researchers to conclude that even when conditions seem safe, accidents are more likely to occur when people are tired or at a time when they are usually asleep.

“Based on the study, it is estimated that 70% of crashes on this section of the N3 Toll Route potentially point to fatigue playing a role,” says Miles le Roux, transport engineer at N3 Toll Concession (N3TC), in an article on arrivealive.co.za.

The same article found that too little sleep, irregular driving and sleeping hours, health problems such as diabetes and substance abuse, and a lack of fresh air, can also cause fatigue.

## DID YOU KNOW THE TOP THREE MOST DANGEROUS ROADS IN SOUTH AFRICA ARE:

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- The R23, between the N3 (south of Heidelberg) and N11 (Volksrust)
- The R24, between the R28 (Krugersdorp) and N14
- The R28, between the N12 (Westonaria) and R24 (Krugersdorp)

## WHAT CAN YOU DO TO ENSURE YOUR SAFETY WHILE ON THE ROAD?

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- Make sure everyone in the car wears a seatbelt at all times.
- Keep a good following distance between your car and the car in front of you. This distance must be increased at night, in fog and when the road is wet.
- Avoid drowsiness by taking rest stops often - every two hours or 200 kilometres is advised.

### References:

<https://www.arrivealive.co.za/news.aspx?s=1&i=20415&page=Fatigue-is-cited-worldwide-as-a-silent-killer-on-roads-South-Africa-and-the-N3-Toll-Route-is-no-exception>  
<https://www.arrivealive.co.za/Emergency-Response-Time-and-Response-to-Road-Crashes>  
<http://www.clickncompare.co.za/latest-news-252/road-accident-statistics>

## WHAT SHOULD YOU DO IF YOU'RE INVOLVED IN AN ACCIDENT?

- Make sure you have the correct information on hand when phoning the emergency services. For example: What road are you on? What area are you in? Who is injured?
- Turn on your hazard lights and headlights.
- If you don't know the street names, find a landmark that emergency services can identify, such as a nearby building or sign.
- Be sure that the emergency service personnel can easily access the scene and the patients. If possible, send someone to meet the emergency vehicles.

## NEXT: CALL THE TRAUMA ASSIST CALL CENTRE

In an emergency, Trauma Assist from Legal&Tax will connect you to a crisis manager within minutes. Whether you need telephonic trauma counselling or face-to-face counselling, a private ambulance service or medical assistance, we go the extra mile for our members.

### HOW DOES IT WORK?



**1.** Look out for the SMS you will receive when you join.



**2.** Save this number to speed dial.



**3.** In an emergency, press the allocated button on your phone, and a crisis manager will call you within 30 seconds.



**Legal&Tax takes no chances when it comes to the safety of its members. This festive season, Legal&Tax has partnered with Uber to keep you safe on the road:**

New users can sign up at [Uber.com/ltscares](https://Uber.com/ltscares), using the promotional code LTSCARES, to receive ONE free Uber ride to the value of R150.

**To use your Uber voucher, download the free Uber app for iPhone, Android and Windows phones. Or go to [m.uber.com](https://m.uber.com)**

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