



The five fatal causes of road trauma on South Australian roads are:

Drink and drug driving

Don't drink and drug drive. Make sure you plan ahead and consider:

- nominating a designated driver
- organising someone to transport you to and from the venue
- catching public transport
- catching a taxi or consider ride sharing
- staying the night.

Speeding

You should always:

- monitor your speed and stay within the speed limit
- adjust the speed to suit weather, traffic and road conditions
- be alert for pedestrians, especially children who may behave unpredictably
- be aware of other road users such as cyclists, whose safety on the road may be affected by drivers passing or overtaking them at high speed
- increase the distance between the vehicle in front when travelling at high speeds
- drive at speeds that are safe for your own ability.

Distraction

Driving is a complex task that requires a coordination of a wide range of skills. Mobile phones and other personal electronic devices are major sources of distraction. Research indicates that the use of a hands-free kit only reduces the level of physical and visual distraction but cognitive distraction remains high. You are four times more likely to be involved in a crash whilst using a mobile phone, even if it's hands-free.

Seatbelts

A seatbelt is worn correctly if:

- the sash part of the seatbelt sits flat on the shoulder without touching the face or neck
- the lap part of the seatbelt crosses low over the hips, not the abdomen
- the seatbelt is not twisted.

Dangerous road users

Dangerous road users put everyone at risk and include those people who have a blatant disregard for the road rules. Breaking any road rule can result in a serious crash. Report dangerous road users by calling the police on 131 444 and provide as much information as possible.

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SAFER JOURNEYS



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