

Small actions have real impact.

FATAL5



The top 5 contributors to death and serious injury on our roads.

DRINK & DRUG DRIVING

SPEEDING

DISTRACTION

SEATBELTS

DANGEROUS ROAD USERS

Fatal Five: The leading causes of road trauma in South Australia

Understanding the risks helps keep everyone safer on our roads.

The Fatal Five are the key behaviours most commonly linked to serious injuries and fatalities on South Australian roads. By knowing them and making safe choices, we can all help reduce road trauma.

The Fatal Five are

- 1 Drink and drug driving
- 2 Speeding
- 3 Distraction
- 4 Seatbelts
- 5 Dangerous road users.

Drink and drug driving

Driving under the influence slows your reactions, affects judgement and increases your chances of being in a crash.

Plan ahead and don't drive if you're drinking or using drugs:

- Choose a designated driver.
- Arrange transport to and from the venue.
- Take public transport.
- Book a taxi or rideshare.
- Stay the night if you're unsure you'll be safe to drive.

Speeding

Speeding doesn't just break the law; it increases both the likelihood and severity of a crash.

You can help reduce the risk by:

- regularly checking your speed and staying within the limit
- adjusting speed for weather, traffic, and road conditions
- watching for pedestrians, especially children who may act unpredictably
- increasing your safe following distance at higher speeds
- driving at a speed that matches your own ability and confidence.

Every kilometre over the limit increases danger.

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THINK!

**ROAD
SAFETY**



SOUTH AUSTRALIA POLICE
SAFER COMMUNITIES



Government
of South Australia

Distraction

Driving requires full attention. When your focus shifts, even for a moment, the risk of a crash increases.

Mobile phones are a major contributor to serious injuries and fatalities on the road.

Even hands-free use doesn't eliminate the mental distraction.

You're four times more likely to crash while using a mobile phone, even hands-free.

Stay focused. Put devices away. Make driving your sole task.

Seatbelts

Seatbelts save lives. But they only work when they're worn correctly.

A seatbelt is fitted properly when:

- the sash sits flat across your shoulder (not your neck or face)
- the lap belt sits low across your hips (not your abdomen)
- the belt is firm and not twisted.

A correctly worn seatbelt helps protect you in every type of crash.

All seatbelts must not be damaged in any way or be frayed.

Dangerous road users

Dangerous road users are people who show a disregard for road rules and the safety of others. Their behaviour can lead to serious crashes.

If you witness dangerous driving, report it to **Police Assistance on 131 444** and give as much detail as safely possible.

Small choices save lives

Every driver, rider, passenger and pedestrian plays a role in reducing road trauma.

By understanding the Fatal Five and making safer choices every day, we can help make South Australian roads safer for everyone.

About the SA Police Road Safety Centre

The SA Police Road Safety Centre leads the way in road safety education across South Australia. Our programs help reduce road trauma by building the awareness, knowledge, and skills of all road users – supporting safer journeys through lifelong learning.

Want to learn more?

Explore our full range of programs and resources:

 www.police.sa.gov.au/road-safety

Or simply **scan the QR code** in this fact sheet to go straight to our road safety page.

Book a FREE road safety session

We offer engaging, practical sessions for schools, community groups, and organisations.

 SAPOL.RoadSafetySection@police.sa.gov.au

Stay connected

Follow us on Instagram for tips, updates, and road safety insights:

 [@sapolroadsafety](https://www.instagram.com/sapolroadsafety)



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