



Every day, we travel to our workplace and return home at the end of the day. **Often, we don't realise the risks that can arise during these journeys.** That's why it's important to remain vigilant while commuting to and from work.

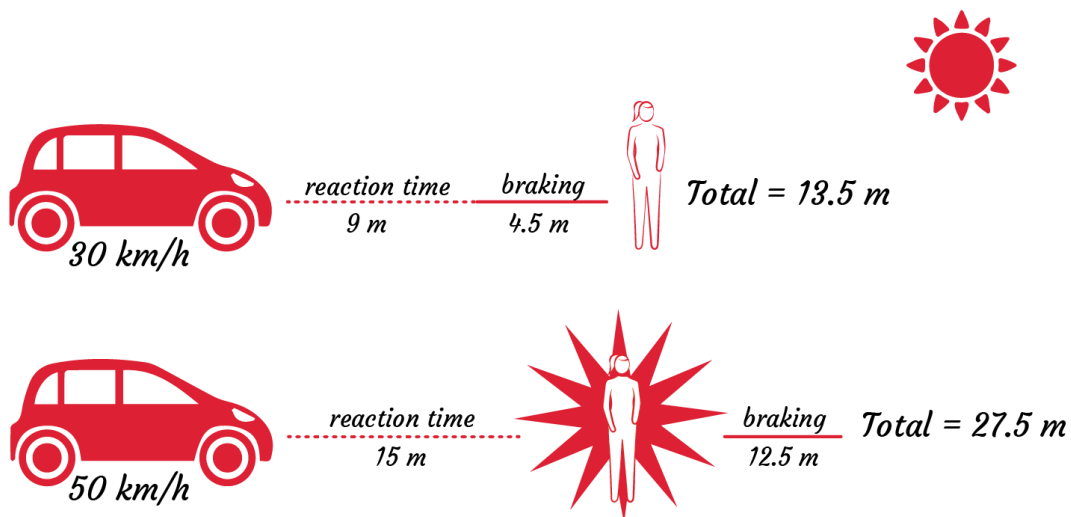
Inappropriate Speed

It's a misconception that driving faster saves much time. It's crucial to **adhere to speed limits to avoid putting yourself and other road users at risk.**

The faster you drive, the longer your reaction time and braking distance will be when you encounter an obstacle. Below are the reaction times and braking distances at 30 km/h and 50 km/h under optimal conditions (such as good tyres and shock absorbers, a well-maintained dry road surface, and favourable weather conditions).

Tip:

- ✓ Depart with plenty of time and consider traffic conditions to accurately estimate your travel time to your destination.



Distraction from mobile phones



Using a mobile phone and driving do not mix:

- ✘ Are you making a call without a hands-free system while driving? Not only is this illegal, but it also increases your risk of an accident by three times.
- ✘ Are you reading a message on your mobile phone? The risk increases by 23 times.

Tip:

- ✓ Place your mobile phone out of reach in the car before you set off.
- ✓ If you use your mobile phone as a navigation system, set it up before you start driving while you are still stationary.

Use of Alcohol, Drugs, and Medications



Alcohol and drugs impair your reaction time and can create dangerous situations. Certain medications can also make you drowsy, sleepy, or dizzy.

Tip:

- ✓ Ask your doctor if any prescribed medications affect your alertness while driving. If so, consider alternative ways to get to work and discuss this with your employer.

Weather Conditions: Rain, Fog, Ice, or Low Sun



Certain weather conditions can make driving more challenging. Check the weather before you leave and adjust your speed if necessary.

Tip:

- ✓ Regularly check that your windscreen wipers, fog lights, and ventilation are working properly.
- ✓ Ensure your windows are clean both inside and out.
- ✓ Keep a pair of sunglasses in the car for bright sunlight and use the sun visor.