

Guidelines

AGGRESSIVE DRIVERS

For a variety of reasons, drivers seem to be increasingly short-tempered and take unnecessary chances behind the wheel. The result is an increase in crashes and fatalities. The next time you're driving and someone cuts you off, take a deep breath, and forget it. Give the other driver the right of way. It is far more important to arrive safely at your destination than to let that driver know what you think of his or her driving abilities. Concentrate on your safe driving skills by following these tips:



- Do not tailgate the car in front of you. Stay at a safe distance behind it to allow for sudden braking/
- If you are being tailgated, change lanes and let the car pass.
- Look ahead and be aware of road conditions and emergencies up ahead.
- Check your blind spots when changing lanes so that you know what is around you at all times.
- Don't be a lane switcher. Lane switching slows traffic and creates a dangerous situation at the same time.
- Driving isn't the time to read, use a computer, or do other things that distract you from the road.

With a little courtesy, common sense, and smart driving, you can get there safely and alive.

SCHOOL BUS/ZONE SAFETY



The majority of school bus and zone injuries occur outside of the school bus. So, the responsible motorist must take extra caution when approaching a school bus or zone. The speed limit in school zones is 20 mph.



- If a school bus is stopped to pick up or drop off children, you must stop at least 10 feet from the front or rear of the bus. Do not resume driving until the bus has departed. The bus will not proceed until the children have safely arrived on their residence side of the road.
- If a bus is stopped on a street or road which has fewer than four lanes, all traffic proceeding in either direction must stop. If a bus is stopped on a street or road which has four or more lanes, only traffic proceeding in the same direction as the bus must stop.

Teach Children

- Safe walking practices to and from the bus stop
- To wear light colored or reflective clothing when going to and from the bus stop in darkness
- How and where to wait safely for the bus including how to avoid personal risks involving strangers
- What to do if the bus is late or does not arrive
- How to enter and leave the bus safely



- Safe riding practices
- How to safely cross the roadway before boarding and after leaving the bus
- Proper respect for the rights and privileges of others

WINTER DRIVING

Below are practical tips that should make driving safer during the winter months.

Be Aware of Your Surroundings

- Slow down and increase your following distance. The braking distance for road surfaces with rain, snow, sleet or ice can be three to nine times greater than braking distances on dry clear road surfaces.
- Bridges and overpasses get slick and icy even before the roads since their temperatures are five to six degrees colder than the roadway. Be especially cautious when temperatures drop to freezing or just below.
- Plan your route to avoid icy streets and leave early.
- Slow down in advance for intersections, curves, and downgrades. Keep at least a four-second following distance.
- Use low beams in wet weather.



Remember: if there is a need to turn wipers on, there's a need to turn the lights on!

SAFETY TIPS



PEDESTRIANS

When turning, take a last look for pedestrians. Be extra careful when turning right on red. Watch out for pedestrians when backing up in parking lots and driveways. In residential areas, watch out for sudden dart-outs in the street by children at play.



As a Pedestrian

- Know the rules and teach them to children.
- Always stop at the curb or edge of the road before entering the street.
- Look left, right, then left again when crossing. Continue to check for vehicles until you cross safely.
- Wait until the traffic light straight ahead is green or the walk signal is lighted.
- Walk facing traffic.
- When walking in the late evening, wear "reflective" clothing.
- As a passenger, get in or out of a car on the curb side of the street.
- Make eye contact with drivers before you cross the street.
- Always cross at intersections. Look left, then right, then left again before proceeding.
- Look for traffic when stepping off a bus or from behind parked cars.

Motorists Tips



- Obey the posted speed limit.
- Fines double in school zones.
- Keep an eye on children gathered at bus stops.
- Watch for children who might dart across the street to catch the bus.



Students Tips

Respect your school bus driver and follow these rules:

- Stand far back when you are waiting for the bus.
- Sit still so the driver can pay attention to the road.
- Look both ways if you have to cross the street after getting off the bus, or wait for the driver to signal it's safe to cross the street.

SEAT BELTS

As a driver, you have the responsibility to other motorists, passengers and yourself to remain in control of your motor vehicle. If you are not wearing your seat belt and are in a crash, you can completely lose control of your vehicle and make a bad situation worse.

As a driver and front seat passenger, your body is subjected to forces in a 35 mph crash similar to those from jumping head-first off a three-story building. Plus, you may be thrown from the vehicle into the path of your own vehicle or oncoming traffic.



As a back-seat passenger, the same sort of force can hurl your body against the front seat causing bodily harm to yourself and possibly serious injury or even death of front seat passengers.

Since the majority of crashes happen within 25 miles of your home, safety belt should be worn at all times and properly. Wear your safety belt for seven days in a row, and you will develop the safety belt habit!

Statistics show that not wearing your safety belts increases your chances of serious injury or death if you are involved in a crash.

While it is your responsibility as a motorist to drive safely, it is also your responsibility as a citizen to obey the law.

CHILD CAR SEATS



What Do I Need of a Child Car Seat? When a car is speeding along at 50 Km per hour it has a tendency ('Inertia') to keep moving at the same speed and in the same direction unless some force acts on it. The car accelerates its occupants to its own speed so that they seem to be moving as a single unit. The inertia of the occupants is, however, independent of the inertia of the car. If the car were to crash into a tree, the force of the tree would bring the car to an abrupt halt. The speed of the occupants, however, would remain the same because of their independent inertia and they would bang into the steering wheel, the dashboard or the windshield. The force exerted by the steering wheel or the windshield would then bring the occupants to a stop but may in the process cause injury to vulnerable body parts such as the head and the face. The seatbelt's job is to spread this stopping force across sturdier parts of the body over a longer period of time to minimize damage. It has been estimated that seatbelts reduce the risk of death for a front seat car occupant by about 50%. However, seatbelts are designed for adults. They go across your middle and over the shoulder, applying most of the stopping force to your ribcage and pelvis. For a seatbelt to do this effectively it must fit correctly, and on a small child the seatbelt is simply the wrong size to do the job. Instead, a specifically designed child car seat should be used.

Types of Child Car Seats: There are three basic types of child car seats, each designed for different ages (and sizes) of children:

- Rear-Facing Infant Seats And Convertible Seats
- Forward-Facing Child Seats
- Booster Seats And Backless Boosters

SAFE AND RESPONSIBLE DRIVING

DRIVING ALONG

Be alert to the traffic around you as you drive. Make a routine of looking behind and from side by checking your mirrors every few seconds. Check your blind spots by turning your head to look over your shoulder. Try to keep other vehicles out of your blind spot by changing your speed and try not to drive in other vehicles' blind spots. Be extra alert at dawn and dusk when drivers have problem adjusting to the changing light.



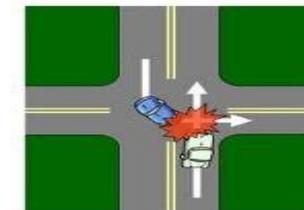
STEER SMOOTHLY

Steer smooth and precise. Do most steering and lane changes having both hands on the steering wheel. You should try to steer in a straight line while shifting gears, adjusting controls or checking your blind spot.



KEEP LEFT

Keep to the left of the road or in the left-hand lane on multi-lane roads unless you want to turn right or want to overtake another vehicle.



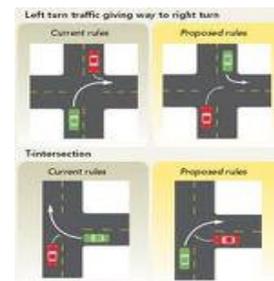
ROUNDAABOUT

If you are about to enter the round-about, give way to traffic on your right. The rule applies to those cars also that have to turn left after entering the round-about.



CONTROLLED INTERSECTION WITH TRAFFIC SIGNALS

Driver turning left using a slip lane must give way to any vehicles on the road. He should give way to a vehicle that is coming straight or turning right into the road the driver is about to enter.



CONTROLLED INTERSECTION (STOP OR GIVE WAY SIGN)

The driver must stop at the stop line. If there is no stop line, the driver must stop before entering the intersection and must give way to a vehicle in the intersection.

UNCONTROLLED INTERSECTION (NO SIGN/SIGNAL)

A driver at an intersection (except a T-intersection or roundabout) without traffic lights or a stop sign, stop line, give way sign or give way line, must give way in accordance with this rule.

If the driver is going straight ahead, the driver must give way to any vehicle approaching from the right, unless a stop sign, stop line, give way sign or give way line applies to the driver of the approaching vehicle.

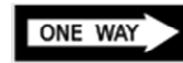
If the driver is turning left, the driver must give way to any vehicle approaching from the right, unless a stop sign, stop line, give way sign or give way line applies to the driver of the approaching vehicle any pedestrian at or near the intersection on the road the driver is entering.

If two vehicles are facing green lights the driver who has to turn right should give way to the vehicle approaching from the opposite direction and going straight.



GIVE WAY SIGN

The driver must Give Way to vehicle on the right.



The driver is not required to give way if:

- (a) an oncoming vehicle turning right at the intersection and the stop sign/ line, give way sign/line
- (b) applies to the driver of the oncoming vehicle
- (b) a vehicle using a slip lane at the intersection to make a left turn.
- (c) a vehicle making a U-turn.

- Driver turning right giving way to oncoming vehicle going straight
- Driver giving way to oncoming vehicle turning to its left
- Driver turning left giving way to traffic coming from his right
- Both vehicles turning to their respective right sides.



PROTECTING THE ENVIRONMENT

All vehicles emit air pollutants and gases such as oxides of carbon, nitrogen, sulphur, hydrocarbons and soot. These pollutants affect the quality of the air we breathe, our health, crop yields and even the global climate.

Planning your drive saves both environment and your money.



BEFORE STARTING OFF:

- Plan ahead.
- If you can, avoid driving during rush hours. You can save on fuel.
- Walk or cycle for short distances and help environment by emitting less pollutants.

Try to have a carpool if possible.

WHILE DRIVING:

- Avoid starting your vehicle unnecessarily. A large burst of pollutants is emitted when a cold engine is started.
- Turn off your vehicle if parked more than 30 seconds.
- Obey the speed limits.
- Anticipate traffic movement, slow down in advance so that you have to make the least use of brakes.
- On the highway, use your vehicle's overdrive gear for better fuel efficiency.



Use your vehicle's air conditioning wisely. Use your windows and vents in city and stop-and-go traffic.

At the garage:

- Regular maintenance keeps your vehicle running efficiently. It reduces your fuel cost and causes less pollution.
- Keep your vehicle's engine well tuned.
- Study the vehicle owner's manual and do as advised to maximize fuel efficiency.
- Keeping tires properly inflated reduce petrol bill, emissions and tire wear.
- Get the vehicle's alignment checked regularly. This reduces uneven tire wear.



AIR BAGS

- The bag itself is made of a thin, nylon fabric, which is folded into the steering wheel or dashboard or, more recently, the seat or door.
- The sensor is the device that tells the bag to inflate. Inflation happens when there is a collision force equal to running into a brick wall at 10 to 15 miles per hour (16 to 24 km per hour). Sensors detect the crash using a mechanical switch that closes when a mass shifts and an electrical contact is made. Electronic sensors use a tiny accelerometer that has been etched on a silicon chip.
- The air bag's inflation system uses the rapid pulse of hot nitrogen gas from the chemical reaction of sodium azide (NaN_3) and potassium nitrate (KNO_3) to inflate the bag.



VEHICLE SAFETY

Here are some tips on how to adjust your seating position as a driver. Adjust your steering wheel so that it's far enough away that your arms bend comfortably. Ladies, I know that some of you have problems reaching the pedals to drive, but you must have space between your chest and the steering wheel! That airbag will do some serious damage to the girls! And, while you're adjusting the distance between you and the steering wheel, adjust the angle of the wheel so that it's aimed at your chest, not your face. You want it aimed at your sturdy chest bones, not your fragile face. If it's too much to change all at once, try changing just a bit every day or two—you won't even notice after a week.



Your hand positions should be at 9 o'clock and 3 o'clock or a little lower. If you'll notice, manufacturers have changed the design of the steering wheel so the hand notches are lower; that's not just for comfort. We used to be taught to hold the steering wheel at the 10 and 2 o'clock positions, but if you do that now and the airbag deploys, your hands will be forced back at your face. Ouch! Nothing like punching yourself in the face. So keep those hands low and safe.

Adjust your head restraint so that the tops of your ears are midway on the head restraint. If you have adjustable shoulder belts, adjust the height so that the shoulder belt falls midway between your neck and the edge of your shoulder. You may want it a smidge closer to your neck so that you don't roll out of it in a crash, but don't make it uncomfortable so that you push it out of position.



SAFE PARKING

Do you know that very often drivers get in a fender bender at a parking lot? Frequently people just lose their common sense and good judgment when they are trying to find a proper place for parking. For many drivers such road signs as Stop and Yield are natural at the parking lot as these reasonable people understand that now they are at the private property so they should obey certain rules. However, other motorists think that a parking lot is the safest place so they can move across it as they want.



Being at a parking lot drivers start feeling free and think about anything but driving. For instance, you are approaching a parking lot and spotting a very suitable space to park your car. However at the



same time you see another driver who is obviously going to occupy YOUR parking spot. Of course, your first reaction is to dart forward to be the first to get the spot. You understand to what this can lead, don't you? Not only drivers but also pedestrians are at risk at the parking lots, especially if they are moving freely in all directions, often together with small children.

The highest incidence of accidents is usually characteristic of post office parking lots. Here there is the fastest turnover with vehicles parked usually for less than five minutes.

However it is very easy to be safe at the parking place. You just should be aware of everything moving for 360 degrees around your vehicle. Remember that you must drive slowly at the parking lot and watch the cars which can move diagonally across the lot. Places situated away from

the building where there are usually fewer parked cars will bring you several advantages:

- * Your car's doors will be more protected from dings;
 - * Your car will not be hidden between other cars and less likely to be robbed or vandalized;
 - * You will be able to find a spot faster which will save your time;
- At the same you should be aware of some negative points:
- * Do not park your cars at secluded areas especially at night;
 - * Where ever you park your car must be well lit;
 - * Always make sure that your car is safely locked;
 - * Do not leave you valuable things visible in the car;
 - * Before getting into your car you should always check your back seat;
 - * Before getting into your car, look around to be aware of suspicious people walking by;
 - * If something seems wrong inside your car sound the horn to draw attention;
 - * Keep in mind the pillar number where you've parked you vehicle. This will help you to find your car at the parking lot easily;
 - * If it is dark at the parking lot or something seems wrong ask a security guard to go with you to your car.



ROAD DIVIDERS - A MAJOR CAUSE OF ACCIDENTS

One of the most common sights on highways is vehicles crashing on to road dividers.



This happens while a vehicle tries to overtake other vehicle when entering a village/town and suddenly a road divider starts.



We need to be more careful when entering villages on highways.

So, what can we do? Follow some rules :

- 1) Always take it easy on roads you aren't familiar with
- 2) Drive only as fast as you can see the road ahead
- 3) Never follow too close
- 4) Always clear your own overtaking path (dont just tail the vehicle in front of you)
- 5) Put on your high-beams when overtaking (as there should be no oncoming traffic whilst you are overtaking anyway).



ROLL OF CITIZENS - COMMUNITY PARTICIPATION

The challenge of making our roads safer can be met only with the whole hearted support and commitment of the entire community. So what can we do to help as citizens?



1. **Be a model road user-** Learn the rules and follow them conscientiously even when nobody is watching. Don't justify traffic violations by saying that you are sure that they are 'safe'. Remember, you are inspiring others to violate law and they may do so under not so safe circumstances.
2. **Educate others-** anybody you can influence, your family, your friends or your colleagues. The task of teaching the rules or road safety to a society as diverse and heterogeneous as ours requires the dedicated support of enlightened citizens. You can use your special gift for art or music or theatre or technology for carrying the message of road safety to the millions who need to be educated.
3. **Be active citizens-** Your enthusiasm can force even the most lethargic of systems to move. Know the traffic problems and road safety issues of your locality, your office, your child's school and so on. You must follow up on the construction of that rotary or the installation of that traffic signal that is needed in your locality. Your enthusiasm shall ensure that no procedural bottle-necks hold up urgently needed engineering works.
4. **Don't expect the Government to do it all-** The community has immense resources. It can definitely raise internal funds for minor interventions like building a wall to close a dangerous illegal entry point or engaging private manpower to help in the regulation of parking in commercial areas or outside schools.

Always help the accident victim – the fear of false implication in the matter is totally irrational. You must be prepared to undertake the responsibility of taking the victim to a hospital and waiting for his family to appear. Remember- it could have been you.

HELPING ROAD ACCIDENT VICTIMS



Supreme Court Judgment: In the case of Pt. Parmanand Katara vs Union of India in Criminal Writ Petition No.270 of 1988, D/-28.8.1989 (AIR 1989 Supreme Court 2039) the Hon'ble Supreme Court of India has observed:

"Every injured citizen brought for medical treatment should instantaneously be given medical aid to preserve life and thereafter the procedural criminal law should be allowed to operate in order to avoid negligent death. There is no legal impediment for a medical professional when he is called upon or requested to attend to an injured person needing his medical assistance immediately.

The effort to save the person should be the top priority not only of the medical professional but even of the police or any other citizen who happens to be connected with that matter or who happens to notice such an incident or a situation". "There are no provisions in the Indian Penal Code, Criminal Procedure Code, Motor Vehicles Act, which prevents doctors from promptly attending to serious injured persons and accident cases before arrival of the police and their taking into cognizance of such cases, preparation of FIR and other formalities by Police."

(Para-6)

"There can be no second opinion that preservation of human life is of paramount importance. This is so on account of the fact that once life is lost, the status quo ante cannot be restored, as resurrection is beyond the capacity of man."

