

لافيك
ولا في
الحديد

Neither You Nor the
Car Should Suffer

مجلس الصحة
لدول مجلس التعاون
Gulf Health Council



Road Safety Guide

لافيك
ولا في
الحديد



In our pursuit of road safety, we encounter
wise traffic laws and safe sidewalks
illuminated by their lights, all integrated
with conscious minds to enjoy safe roads.

The World Health
Organization
Classified traffic
accidents
as a global
epidemic
and described it as
an **"epidemic of
Civilized
societies."**



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**Safety has roads, and you
will find them in this Guide**

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mentally
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journey?



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01

Your safety starts with you

You can avoid injuries and accidents on the road, which underscores the importance of taking road safety measures



Why should we adhere to safe driving behaviors?

- **Enhancing road safety:**

Positive behaviors, such as adhering to the speed limit, not using a mobile phone while driving, wearing a seatbelt, and maintaining a safe distance contribute to reducing road accidents, injuries, and fatalities.

- **Building a positive traffic culture:**

Drivers who exhibit positive behaviors contribute to building a positive traffic culture in the community, leading to improved traffic practices for everyone.

- **Reducing stress and collisions:**

Drivers who adhere to traffic safety rules reduce the occurrence of stress and collisions between themselves and other drivers.

- **Respecting laws and regulations:**

Adhering to positive behaviors means respecting traffic laws and regulations, as they are designed for public safety and are part of social responsibility.

Individual behavior is the primary factor that determines the outcome of **more than 70% of road accidents**

Your distance is your safety

Why should you maintain a safe distance?

- **Protects you from the risk of accidents:**

A safe distance allows more time to think and react to unexpected situations on the road, reducing the risk of accidents.

- **Avoid rear-end collisions:**

Maintaining a safe distance prevents potentially dangerous rear-end collisions.

- **Reduce congestion**

A safe distance helps improve traffic flow and avoid congestion.

How do you maintain a safe distance?

- **Follow the guidelines:**

Respect traffic guidelines regarding safe distance between vehicles.

- **Focus and pay attention:**

Drivers must be attentive and observe the distance between their vehicle and other vehicles.

- **Avoid sudden stops:**

Avoid sudden braking to prevent skidding and losing safe distance

The 3-Second Rule

- 1** Identify a distinctive and frequently used road sign, such as a lamppost.
- 2** Observe the vehicle in front of you as you approach the sign.
- 3** Cross the sign only after at least 3 seconds have passed before you reach the same point

But remember!

There are factors where you should increase the following distance beyond 3 seconds.

Driving at night



Driving on a new road



When changing lanes



Changing weather conditions ,such
as rain and fog



A safe following distance is small,
but it makes a big difference

Speed Is not Saving your Time



The total average time
saved as a result of
speed is approximately
only 26 seconds

Reckless Driving

Here are some signs of aggressive driving. Assess yourself:

- ☐ You drive faster than the legal speed limit or try to run a red light.
- ☐ You shout or use inappropriate gestures towards other drivers.
- ☐ You don't yield to pedestrians.
- ☐ You use a mobile phone while driving.
- ☐ You don't use your turn signals.
- ☐ You tailgate dangerously.
- ☐ You tend not to stay in your lane and block cars in their lanes.

While driving, always remember to avoid causing other drivers to change speed or direction. Be tolerant and don't react aggressively. Keep a safe distance



The World Health Organization has proven that using a mobile phone while driving reduces concentration and increases the risk of an accident by up to 4 times.



Your driving reflects your values

- **Driving is an art**
of understanding your surroundings and
being prepared for surprises

- **And courtesy**
of giving others a chance and treating them
with respect

- **And ethics**
of adhering to traffic safety rules

- **And courtesy**
of giving others a chance and
treating them with respect

4

Ways to be distracted that could put you or those around you at risk of traffic accidents

Visual distraction:
Looking at a phone or road signs



4

Manual distraction:
Eating, drinking, or reaching for something



1

Mental distraction:
Thinking about other things or feelings of anger



3

Auditory distraction:
Listening to loud music or passengers talking loudly



2



02

**Are you mentally prepared
for the journey?**



Your road safety starts with your mental health

Changes in mental health can alter your ability to make decisions while driving

What happens when emotions take over the wheel?

- **Diminished vision**
This condition occurs when you have difficulty seeing, affecting your peripheral vision and depth perception
- **Delayed observation and reaction**
Driving requires you to make quick and wise decisions, but when you lose precision and control, it puts you at risk
- **Inability to anticipate dangerous situations**
Conditions on the road can change rapidly. If you are emotional, you may not be able to notice a hazard, or you could make more dangerous decisions, such as speeding
- **Potential for anger on the road**
Anger makes you overreact or exhibit aggressive behavior that can lead to reckless driving

In Speeds, regret. Driving your emotions protects you

Three ways to reduce stress while driving

1

Focusing on your breathing can help reduce stress:

- Sit comfortably and place your hands on your stomach.
- Begin by breathing slowly in through your nose until your lungs are full of air.
- Hold your breath for a few seconds before slowly exhaling through your mouth.
- Repeat for several minutes.

2

Positive thinking:

- Try to change negative thoughts into positive ones.
- Repeat positive affirmations ,such as "I am calm and alert" or "I can do it."

3

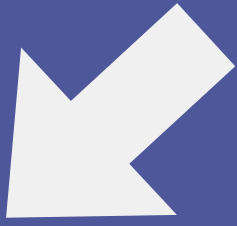
Interacting positively with your surroundings:

- While stopped, try to focus on the beautiful aspects of the scenery around you

The risk of being involved in a fatal accident among drug users is **5 times higher compared to non-users.**



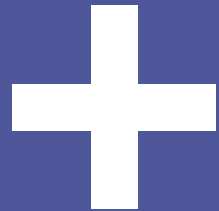
Drug use causes weakness, slowed reaction time, impaired concentration and judgment, recklessness, and aggression, which increases the risk of traffic accidents



03

Safety is a step

First aid can increase
survival rates by up to 80%
after injuries





Safety Path

The 4 most important steps to take in traffic accidents:

Ensure the area is safe and there is no additional danger to the injured or assisters, and place warning signs to alert drivers.

Call emergency services immediately.

Provide basic first aid for minor cuts or bruises.

Do not move the injured to avoid worsening their injuries.

A child car seat reduces the risk of injuries and accidents by more than 70%, as it provides support and stability for the body and head

**I'm here for
the periodic
inspection,
and this is
my job.**

**Protect your car from surprises
and breakdowns.**

Reduce car accidents.

Lower maintenance costs.

And keep you safe



04

Accidents are disasters

Traffic accidents are among the most dangerous events that individuals may face, and they have serious physical and psychological consequences



Here are some consequences of poor road safety:

- **Physical consequences:**

Serious physical injuries ,such as fractures, deep lacerations, head injuries, and spinal cord injuries

- **Permanent injuries:**

An accident may cause loss of mobility or amputation of limbs, leaving lifelong effects

- **Psychological consequences:**

Accidents can cause deep psychological trauma to individuals, affecting their ability to cope with daily life

- **Anxiety and depression:**

A person may experience persistent anxiety and depression as a result of experiencing the accident and its psychological effects

- **Post-traumatic stress disorder:**

Many people suffer from PTSD (post-traumatic stress disorder) after being involved in road traffic accidents, which affects their quality of life

- **Financial consequences:**

The cost of road traffic accidents includes many financial costs, such as repair costs, healthcare costs, loss of income, and other economic impacts on the individual and society

**Your driving behavior
affects your safety
and the safety of
those around you.**

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