

Safe Driving-Together We Can Save Lives....



إحدى شركات مؤسسة البترول الكويتية
A Subsidiary of Kuwait Petroleum Corporation

Avoid use of **Cell Phone**.....

Driving is a job that requires your full attention every time while you get behind the wheel.



The mobile phone distracts drivers in two ways: it causes physical distraction and cognitive distraction (diverting attention).

Physical distraction occurs when a driver has to simultaneously use his mobile phone (i.e. reach, dial, hold) and drive vehicle.

Cognitive distraction occurs when a driver has to divert part of his/her attention from driving to the telephone conversation. However, the ability to divide one's attention between two simultaneous tasks is limited. Mobile phone use while driving could therefore negatively affect driving performance.

The effects are;

- ✓ **Slower reactions** to traffic signals and more frequently missed signals
- ✓ Slower braking reactions with more intensive braking and **shorter** stopping distances
- ✓ **Reduced** general awareness of other traffic

Remember, **focus on the task of driving**, with your hands on the wheel and eyes on the road.

Always use **Safety Belt**.....

Seat Belts are the first line of defense against injuries or death in event of an accident. Hence, take a brief moment to buckle up, as it



- ✓ Saves lives
- ✓ Reduce Severity of Injuries
- ✓ Prevents crashing into steering wheel, dash board or windshield
- ✓ Protects body organs
- ✓ Improves chance of remaining conscious
- ✓ Keeps you inside vehicle

Seat Belts: Stay Safe and Secure

Refer **KOC.SA.016 - Driving Procedure & KOC Safe Driving Policy.**

Control **Speeding**.....

Over Speeding is travelling at a speed greater than that posted by the speed limit signs. It increases the risk of an accident,



Speeding is the biggest Contributing factor to road fatalities'

- ✓ Follow speed limit Regulations/Signs
- ✓ Ensure speed control while driving
- ✓ Adjust your speed to suit the conditions (bad weather, poor roads, heavy traffic, road work, etc.)
- ✓ Avoid tailgating
- ✓ Plan your trip in advance
- ✓ Keep a defensive attitude while driving

It's time to Remember – Say NO to Road Crime!

With Compliment from
Q&HSE Team (MP&TSD)