

TOOLBOX TALKS

General Health & Safety

Road Safety during Holidays

Road safety campaigns are always critical, particularly during summer months, and for good reason.



Between November and January, there is a 25 per cent increase in trauma presentations at hospitals and 30 percent of road deaths for the year occur during this period.

1. Watch your alcohol consumption

Sure, dealing with in-laws and extended family can encourage you to pick up that extra cup of liquid courage, however it's simply not worth the risk. Not only do you risk a hefty fine, double demerits and loss of license, but you're also putting your family and friends in the car and others on the road in danger.

2. Take frequent rest breaks

It's a busy time of year and it's understandable that tying things up at work before your break, driving from one city for breakfast to another for lunch and yet another destination for Christmas dinner can be exhausting.



Tiredness is a major cause of fatal accidents on South African roads. If you're showing any signs of fatigue, you shouldn't get behind the wheel. If you're mid-way through your journey and start to feel a bit sleepy, pull-over at a rest stop, grab a cup of coffee and a fresh bottle of water and take some time to revive yourself.

DISCUSSION

Questions from staff

Comments by staff

Suggestions from staff

TOOLBOX TALK ATTENDANCE REGISTER

Date		Facilitator Name:	
Site/Department:		Facilitator Signature:	
Topic:			

The information in this document had been explained to me and I understand the content

Emp Name	Emp No	Signature	Emp Name	Emp No	Signature