



Údarás Um Shábháilteacht Ar Bhóithre  
Road Safety Authority



Feidhmeannacht na Seirbhíse Sláinte  
Health Service Executive

## Keep you and your family safe on the roads

### ✓ **Slow Down.**

- Inappropriate speed is the biggest contributing factor to road deaths in the Republic of Ireland.
- So slow down and arrive alive.

### ✓ **Never ever drink and drive.**

- Any alcohol impairs driving - **just one drink is just too much.**
- It is an offence to drive, attempt to drive or be in charge of a car if you don't have proper control due to alcohol and/or drugs.
- Could you live with the shame?

### ✓ **Belt up.**

- Without a seatbelt, 3 out of 4 people will be killed or seriously injured in a 50 km/h (31mph) head-on collision.
- Seatbelts are proven lifesavers and should be used on every single car journey.
- No Seatbelt No Excuse!

### ✓ **Child Safety in Cars – you must have a car seat for your child and use it.**

- Make sure your child is always strapped in securely in an appropriate car seat – no matter how short the journey.

### ✓ **Prevent Driver Fatigue.**

- Listen to your body and take regular breaks while travelling.

### ✓ **Mobile Phones – Switch off before you drive off.**

- You are 4 times more likely to have a crash when you're using a mobile phone. Not only is it dangerous, it is also against the law.
- Unless you're phoning 999 or 112, don't use your mobile phone when driving.

### ✓ **Lead always by example.**

- Children learn a lot from what they see.
- Always accompany and supervise your child and teach them the key rules of the road.

### ✓ **Pedestrians and Cyclists – Look out and Stand out.**

- Pedestrians are the second highest group of road users being killed on Ireland's roads.
- **Be Safe - Be Seen! The brighter, the better!** Wear a reflective vest, carry a touch. Pedestrians under 10 should be accompanied by an adult.
- As a cyclist, wear your helmet and make sure your bike's front lights, back reflectors and bell are in good working order.
- Cyclists under 12 should be accompanied by an adult.

### ✓ **Winter Driving Tips:**

- **Make sure you can see.** Clear your windows and mirrors before you set out, and carry a screen scraper and de-icer
- **Check tyres**, including spare wheel, and replace them if the tread depth falls below 3mm.
- **Gently does it.** Manoeuvre gently, slow down and leave extra distance between you and the vehicle in front. Avoid harsh braking, acceleration and steering. Use the highest gear possible to avoid wheel spin.
- **Watch out for "black ice".** Even if temperatures rise above freezing, sheltered areas may still be frozen and very dangerous.

*Source: Road Safety Authority*

## A Road Safety Message

Every week in Ireland our health services are seeing and treating people, especially young people, who get injured or lose their lives at an alarming rate due to speed on our roads.

Our staff members see the devastation to families and friends when a loved one is a victim of a road crash.

Families, friends and communities are left to pick up the pieces but a loved one cannot be replaced.

There is no winner – everyone is at a loss.

The RSA tells us that inappropriate speed is the biggest contributor to road deaths in the Republic of Ireland. A crash as a result of speed is over in a second but, unfortunately for the victims, the misery lasts a lifetime.

**As a road user you are responsible for your actions. So think about your behaviour and attitude behind the wheel.**

**Life is very precious –  
make the necessary changes today, not tomorrow or next week.**



**Working Together for Road Safety**



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**For further information on road safety, contact:**

- **The Road Safety Authority on:** Lo Call 1890 506080, [info@rsa.ie](mailto:info@rsa.ie) or [www.rsa.ie](http://www.rsa.ie)
- **Your local Garda Station**