

ARE YOU A SAFE DRIVER?

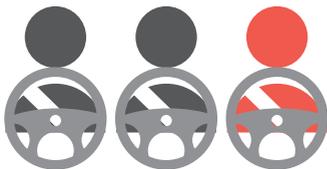


2014 Road Traffic Statistics



44,913

Heavy
Vehicles
in Singapore



About
1 in 3

Heavy
Vehicles
Drivers
had Traffic
Violations

Every week,



70
are Caught
Speeding



27
are Caught
Beating the
Red Light

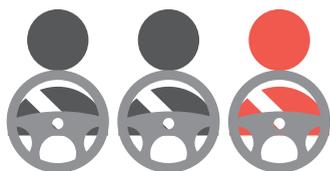


6
are Caught
Using Mobile
Phones

2014 道路交通统计



全国共有 **44,913** 辆重型货车



大约 **每3个** 重型货车司机当中，
就有 **1** 人曾经违反交通规则。

每周交警取缔：



70
因超速驾驶的
司机



27 名
因闯红灯的
司机



6 名
因开车时使用
手机的司机

Are you keeping yourself **safe**?

1. Obey traffic rules.



2. Complete your trainings.



3. Inform your supervisor:

- of dangers in the workplace;
- of vehicle faults; or
- when you feel unwell.



4. Maintain a healthy lifestyle and balanced diet



您是否注意 自身安全?

1. 遵守交通规则



2. 接受并完成培训



3. 向上司禀报： •工作场所的隐患 •车辆的故障 •身体的不适



4. 保持健康的生活作息与饮食习惯



1-minute Quick Check

Checklist



Before getting into your vehicle:

- check road traffic conditions;
- plan your route; and
- make sure cargo is securely fastened.

Once inside your vehicle:

- adjust the rear view mirrors and seat; and
- fasten your seat belt.

Before driving:

- check your rear view mirrors and blind spots;
- alert persons nearby with vehicle horn; and
- look out for pedestrians and incoming vehicles.

Do not drive onto public roads if any item on the list is not ticked.

The list is non-exhaustive and you can add or edit items to improve it.

一分钟 快速检查

检查表



上车前:

- 事先了解交通路况
- 规划行驶路线
- 确保车上货物捆扎妥当

上车后:

- 调整望后视镜和驾驶座椅
- 系上安全带

行使前:

- 检查望后视镜和盲点
- 留意路上行人和车辆
- 鸣笛警示周围的行人

请确保依序完成上述所有项目，才开车上路。

您可随时添加或编辑以上的检查表，以改善其内容。

Tips for Safe Driving



1.
Drive within the speed limit



2.
Avoid tailgating



3.
Prevent overturning



4.
Avoid distractions when driving



5.
Avoid driving when taking alcohol or medication



6.
Take precautions at high alert areas



7.
Take precautions during wet weather



8.
Take precautions during reversing



9.
Take precautions during parking



10.
Manage road rage situations calmly



11.
Manage fatigue



12.
Manage your own health

驾驶 安全贴士



1.
将车速保持在限制范围内



2.
避免追尾行驶



3.
预防货车倾覆



4.
避免分心驾驶



5.
喝酒或服药后应避免开车



6.
行驶至高危险区域时应加倍小心



7.
雨天开车应加倍小心



8.
倒车后退时应加倍小心



9.
停车时应加倍小心



10.
冷静并妥善处理路霸状况



11.
疲劳管理



12.
个人健康管理



Drive within the road or vehicle speed limit, whichever is lower.

把驾驶速度维持在道路或车辆的安全限速内，以较低者为准。



Keep a safe distance away from the vehicle in front.

与前方的车辆保持安全距离。



Wear your seat belt when driving.

开车时要系好安全带。



Do not multitask when driving.

驾驶时避免分心。

Emergency numbers

Police:	999
Traffic police:	6547 0000
Fire and Ambulance:	995
Singapore Civil Defence Force:	1800 286 5555
Ministry of Manpower:	6317 1111

紧急联络 号码

警察:	999
交通警察:	6547 0000
救护车:	995
消防队:	1800 286 5555
人力部:	6317 1111

During an emergency

Stop, check and call



Stop your vehicle



Check if anyone is seriously injured



Call 999/995 if there are serious injuries

遇上 紧急状况时

马上停车、下车查看、拨电求助



马上停车



下车查看
是否有人受伤



如果有人受伤，
立刻拨电求助
999/995

NO ROAD SENSE



He could be facing a fine of up to \$30,000 and 3 years imprisonment.

Not to mention the harm he could cause himself and others.

Don't risk it. Don't drink and drive.

USE  YOUR SENSE

To find out how you can help make our roads safer, visit [f /roadsense.sg](https://www.facebook.com/roadsense.sg)



SINGAPORE POLICE FORCE



SINGAPORE ROAD SAFETY COUNCIL

NO ROAD SENSE



He just became a risk to himself
and other road users.

Fatigue kills. If you're tired, find
a safe place to stop and rest.

USE  YOUR
ROAD SENSE

Discover your road profile. Play  Download on the App Store   /roadsense.sg



SINGAPORE
POLICE FORCE



SINGAPORE
ROAD SAFETY
COUNCIL

Published in March 2016 by the Workplace Safety and Health Council in collaboration with the Singapore Police Force and Singapore Road Safety Council.

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