

### CHOOSE ALTERNATIVE MODES OF TRANSPORT

Opting for high-capacity public transport modes such as trains or planes for long-distance journeys, rather than using private vehicles, mathematically reduces your exposure to accident risks.

According to data from the ETSC (European Transport Safety Council), a journey by train is 20 times safer than traveling by car.



### AVOID RISKY HOURS

Starting a journey between midnight and the first light of dawn, when the body's biological clock (circadian rhythm) is at its weakest, should be avoided. World Health Organization (WHO) reports indicate that a significant portion of fatal traffic accidents occur between 00:00 and 06:00 due to fatigue and low visibility.

### PLAN YOUR ROUTE

Identifying the route, rest stops, and safe fuel stations before starting your journey eliminates uncertainties during driving. Completing navigation settings prior to driving prevents you from engaging with distractions while behind the wheel. Awareness of alternative routes ensures that you can continue your journey safely and without panic in the event of a potential road closure.



### PAY ATTENTION TO ROAD AND WEATHER CONDITIONS

Checking weather events such as precipitation, icing, or strong winds that directly affect road grip before your journey is critical for choosing the appropriate equipment. Proactively adjusting driving speed and following distance based on seasonal conditions significantly reduces the risk of losing control. Statistics indicate that 70% of accidents caused by adverse weather result from failing to adapt speed to the prevailing weather conditions.

### DO NOT FIGHT SLEEP

Sleep deprivation and fatigue create a cognitive slowing effect on the brain similar to alcohol consumption, significantly extending your reaction time during your journey. When you feel symptoms of fatigue such as yawning, heavy eyelids, or lane drifting, you must stop at a safe point and take a break immediately instead of saying "I'm almost there." Research proves that staying awake for 17-19 hours leads to a performance decline equivalent to a blood alcohol level of 0.05%.



# ROAD SAFETY

## SAFE JOURNEY MANAGEMENT

