

# Ramadan Journey Safety



## 01 SLEEP ROUTINE

Ensure you get at least 7 to 8 hours of uninterrupted sleep before setting off to remain alert. If you use regular medication, check the patient information leaflets to ensure they do not cause drowsiness or affect your concentration while driving.



## 03 VEHICLE CHECKS

Before your journey, verify that tire pressures, fuel levels, signals, and wipers are in perfect working order. Ensure your vehicle registration documents are up to date and clean all windows and mirrors to maintain a clear view of the road.



## 05 SPEED MANAGEMENT

Speed limits are not just numbers on a sign; they define the boundaries of your safety. Adjust your speed according to the physical structure of the road and current weather conditions to ensure you maintain full control of the vehicle at all times.



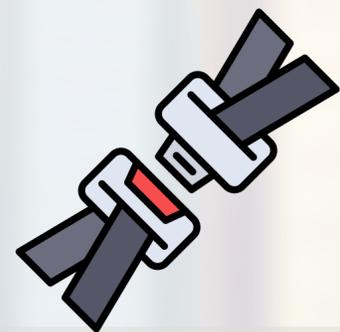
## 07 BREAK MANAGEMENT

To maintain focus and prevent fatigue, take a break of at least 15 minutes every two hours. Use this time to get some fresh air and perform a quick walk around check of your vehicle to inspect the tires and look for any leaks.



## 02 TRAVEL PLAN

To avoid heavy holiday traffic, consider using alternative transport methods like planes or trains if driving is not mandatory. If you choose the highway, check the current traffic density and weather conditions in advance to plan alternative routes and reduce stress.



## 04 SEAT BELTS

Every passenger must wear a seat belt and children should travel in age appropriate safety seats to provide maximum protection during a crash. Additionally, secure all loose luggage or items inside the cabin so they do not become dangerous projectiles during sudden braking.



## 06 TRAFFIC RULE COMPLIANCE

Respecting right of way at intersections and maintaining a safe following distance significantly reduces the risk of a multi vehicle crash. Always follow overtaking rules and adhere strictly to traffic lights and signs to protect yourself and others.

