

The Highway Code

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United Republic of Tanzania
October 2008

ISBN 978 9987 9171 3 6

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Foreword

The Highway Code is a set of rules and advice on how to use our roads. These are based on road traffic law and good driving practice. Conflicts are inherent in any road traffic system, but if we all adopt the same rules when on the road, and behave in a considerate and responsible manner towards others, our road travel will be safer and less stressful. The Highway Code will be of particular interest to learner drivers, because they need to know it in order to pass the driving test, but we recommend that, even if you have been driving for some time, you read the Code in order to refresh your knowledge of the rules. The Highway Code also contains much useful advice for pedestrians, cyclists and other vulnerable road users - they too have a duty to behave in a considerate and careful manner.

We urge all road users to study the Highway Code and follow the advice given. If everyone does this, road travel will become a much safer and more pleasant experience.



Hon. Lawrence Masha
Minister for Home Affairs



Hon. Shukuru Kawambwa
Minister for Infrastructure
Development

Introduction

The Road Traffic Act [CAP 168 R.E. 2002] establishes the *Highway Code* as the official guide to using our roads safely and efficiently. It is for all those who travel on the road, including pedestrians, cyclists, motor-cyclists and drivers. If everyone follows the *Code* there will be less crashes and fewer traffic jams.

The *Highway Code* is a mixture of **rules** and **advice**. The rules are a simple interpretation of the complex provisions of the Road Traffic Act and associated Regulations. If you disobey them you are committing an offence, and, if caught and convicted, you may be fined and disqualified from driving. You can also be sent to prison for up to five years. Where you see the words "**MUST**" or "**MUST NOT**" it means that you are required to follow this instruction by law. Traffic law will change in the coming years and you should check with your local police if you are in any doubt about the current rules.

The *Highway Code* contains much good advice for road users. Failure to follow this advice is not, in itself, an offence, but this fact may be used in court proceedings as evidence that you were behaving in an unsafe manner.

Driving on our busy roads is a complex task and it is impossible to give rules and advice that cover every possible situation you will encounter. Use common sense, and always give way if it can help to avoid a collision.

The *Highway Code* tries to explain things in simple language, but some of the terms used may be unfamiliar to you, or have a slightly different meaning to what you are used to. A short guide is given below:

"Driver" means any person who drives a motor vehicle or other vehicle (including a cycle) or who guides animals on a road

"Dual carriageway" means a road where the opposing flows of traffic are physically separated by a "median" or barrier

"Give way" means that a driver must not continue, if to do so would force the drivers of other vehicles to change speed or direction quickly

"Lane" means part of a road which has been marked out for use by one moving line of vehicles

“Road user” means anyone travelling, or present on a road, or in a vehicle on a road

“Traffic” means moving vehicles

“Vehicle” means any machine propelled along the road by any power, and includes bicycles, hand carts, and animal-drawn carts

“Zebra crossing” means a pedestrian crossing marked by white stripes parallel to the flow of traffic.

This *Highway Code* has been produced by the Road Safety Unit of the Ministry of Infrastructure Development in collaboration with the Tanzania Police Force. The work was supported by Danish International Development Assistance. Many sources were consulted to find the best advice on using roads safely. The authors wish to acknowledge the use of material from the SATCC Manual for Learner Drivers, the UN-ECA Guide for Drivers of Heavy Goods Vehicles, the Highway Code for Uganda, and an earlier draft Highway Code prepared by the National Institute of Transport. The Tanzania Red Cross Society kindly helped with the section on first aid.

Advice for all road users

Be fit and well. You have to be fit and well to use the road safely. If you are not well, do not drive. Get help if you want to walk somewhere. Do not use the road if have been using alcohol or drugs to the extent that you are not fully in control of yourself. If you are taking medicine ask your doctor for advice on whether you should drive.

Be responsible. You have a duty to make every effort to avoid doing anything that might result in harm to others. This includes things that are known to be dangerous, such as speeding, drinking and driving, and overtaking at a bend.

Concentrate. Safe use of the road requires your full concentration, whether you are a driver or a pedestrian. Do not let others distract you.

Be calm and patient. Avoid getting angry about the bad behaviour of others. Never try to punish them. Be patient in traffic jams, and do not make things worse by trying to get ahead of those in front of you. Do not use the road if you are angry, over-excited or very upset about something.

Be helpful to others. If everyone follows the rules and is helpful to others there will be less delays. Selfishness makes things worse for everyone and can be dangerous.

Protect the vulnerable. You have a duty to protect and assist old people, the disabled, and children. Drivers of motor vehicles must take extra care when sharing the road with those who have little protection against injury – this includes all pedestrians, cyclists and motorcyclists.

Do not make unnecessary noise. Excessive noise is distracting and tiring. If you are driving a vehicle remember that the horn is for use only in an emergency.

Rules for pedestrians

General guidance

Behave responsibly. You MUST NOT behave in any way that may be dangerous to yourself or other road users.

Use the footpath. When there is a footpath or paved footway use it. Do not walk close to the edge of the road with your back to the traffic. Never step onto the road unless you have made sure it is safe to do so.

Walk on the right. Where there is no footpath or pavement, walk on the extreme right-hand side of the road so that you can see the oncoming traffic. Whenever possible, especially on narrow roads or in poor light, walk in single file. Take extra care at sharp right-hand bends.



Make yourself easy to see.

Always wear or carry something that will help you to be seen. Bright or fluorescent items will help you to be seen in poor visibility during the day. At night use reflective materials which can be seen in headlights.

Walking with children. Do not let young children out alone on the pavement or road. When taking children out, walk between them and the traffic while holding their hands firmly.

Walking in a group. If a group of people are involved in an organised march on the road they should keep to the extreme right. Organisers should make sure there are look-outs in front and at the back who wear fluorescent clothes in daylight and reflective clothes in the dark.

Crossing the road

Follow this Crossing Code:

1. ***Find a safe place to cross***
2. ***Stop at the edge of the road***
3. ***Look for traffic to the left, right, and all around you, and listen***
4. ***If there is traffic coming, let it pass***
5. ***When there is no traffic coming, walk straight across the road - do not run***
6. ***Keep looking and listening for traffic while you cross***

Safe places to cross. Choose a place where you can see clearly in all directions, and the traffic can see you. For this reason, cross the road well away from any sharp bends. Places where it is safer to cross the road include traffic lights, zebra crossings, traffic islands in the road, footbridges and underpasses, or where there is a police officer, school crossing patrol or traffic warden.

Crossing at a traffic island. If there is a traffic island in the centre of the road, use the Crossing Code to cross to the island and then stop. Use the same procedure to cross the remaining part of the road.

Crossing at a zebra crossing. If there is a zebra crossing nearby then use it. Give drivers plenty of time to see you and to stop before you cross. Drivers are required by law to stop if you are waiting to cross, but do not cross until you are sure they are going to stop. Then walk straight across, but keep looking and listening.



Crossing at traffic lights. In some places there are traffic light signals which instruct the traffic when to stop and pedestrians when to cross. When the red "standing man" signal is showing you MUST NOT cross. When the lights change to show a steady green "walking man" signal, check that the traffic has stopped and then cross with care. After a while the green signal will start to flash, and this means that you should not start to cross, because the traffic is about to start moving again.



If the traffic lights do not have special signals for pedestrians, watch carefully and do not cross until the lights are red and the traffic has stopped. Even then, look out for traffic turning the corner. Remember that traffic lights may let traffic move in some lanes while other lanes are stopped.

Crossings controlled by police, traffic wardens or school crossing patrols. Where a police officer or other authorised person is controlling the traffic, you **MUST NOT** cross the road until they signal you to do so. Always cross in front of them.

Do not climb over guardrails. In some places guardrails have been installed to stop pedestrians from crossing the road and to direct them to a safer crossing point. Do not climb over the guardrails, or walk between them and the road. Cross at the gaps provided.

Crossing one way streets and bus and cycle lanes. Check which way the traffic is moving, then use the Crossing Code to cross the road. Be extra careful because the vehicles may be moving faster than normal.

Do not cross between parked vehicles. If you have to cross between vehicles, use the outside edge of the vehicles as if it were the road edge. Stop there and make sure you can see all around and that the traffic can see you. Proceed to cross using the Crossing Code. Do not stand in front of or behind any stopped vehicle that has its engine running.

At night, cross near street lights. If there are no traffic lights, zebra crossings or traffic islands that you can use, cross near street lights, so that traffic can see you more easily. Wear light-coloured or fluorescent materials to make it easier for others to see you at night.

Never cross the road directly behind or in front of a bus. Never cross the road by the bus - wait until it has moved off, so that you can see the road clearly in both directions.

Do not cross in front of emergency vehicles. If you see or hear ambulances, fire engines, police or other emergency vehicles with their lights flashing and sirens sounding, keep off the road until they have gone past.

Crossing with children. Young children do not realise how dangerous the road is, and they are not very good at judging speed and distance. Because they are children they are easily distracted, and may do silly things. Never let young children cross the road by themselves. Always hold their hand firmly as you cross. Children learn by example, so always use the Crossing Code when you cross the road, and explain it to them.

Rules for cyclists

General guidance

Obey the traffic rules. You should normally follow the same rules of the road that apply to drivers of motor vehicles. You **MUST** obey all traffic signs, signals, road markings as well as instructions given by police officers. You **MUST NOT** ride in a dangerous, careless or inconsiderate manner.

Choose the right size of cycle. For comfort and safety make sure the cycle is not too big or too small for you.

Choose a cycle with good-quality lights and reflectors. Drivers find it hard to see cyclists, especially at night. Good reflectors, such as those built into the pedals, will help you to be seen more easily.

Always keep your cycle in good order. Make sure that:

- lights and reflectors are clean and in good working order
- tyres are in good condition and inflated to the pressure recommended by the manufacturer
- brakes and gears are working correctly
- chain is properly adjusted and oiled
- saddle is adjusted to the correct height.

Use a bell. You **MUST** fit a bell to your cycle and use it when it is appropriate to warn other road users of your presence.

Cycling at night. At night you **MUST** use lights (white to the front, red to the back). Your cycle **MUST** have a red rear reflector.

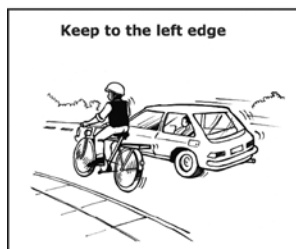
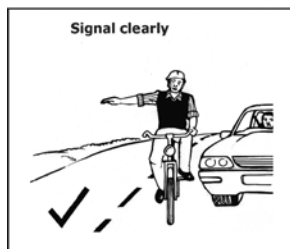
Safety equipment and clothing. Wear protective gear such as a properly-fitting cycle helmet that conforms to recognised safety standards. Avoid long coats or clothes that may get tangled in the chain

or wheels. Always wear bright or light-coloured clothing, preferably a high-visibility yellow jacket with reflective strips. Reflective arm or ankle bands are also helpful.

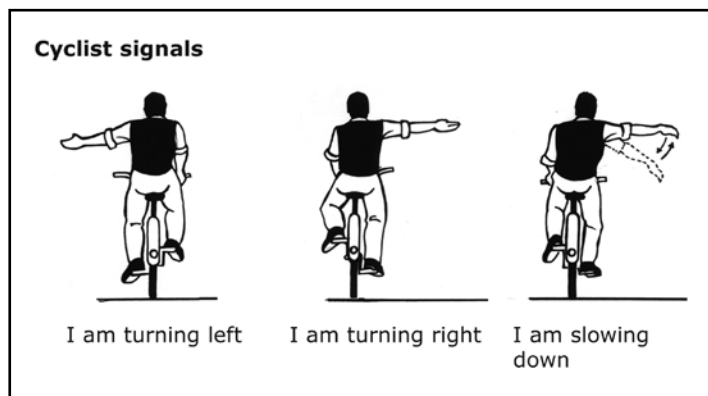
Look - signal - action. Look behind you before moving off, overtaking, moving into the centre of the road to turn right, and stopping. Check that nothing is coming. Then give a clear arm signal to show your intention, and make your move.

Safe riding. When riding:

- keep both hands on the handlebars except when signalling
- keep both feet on the pedals
- do not hold on to other vehicles or cycles
- do not ride close behind a motor vehicle
- do not carry passengers unless your cycle is built or adapted to carry one
- do not carry anything that will make it difficult for you to ride the cycle
- ride on the left side of the road near the edge
- ride in single file (one behind the other).



In rural areas you may cycle on village paths, but only at slow speed. Take great care not to frighten or inconvenience pedestrians.



Obstructions. Look well ahead for obstructions, such as potholes, pools of water and parked cars, so that you do not have to swerve suddenly to avoid them. Leave plenty of room when you pass parked cars, and watch out for doors being opened into your path. Take care near road humps, road narrowings and other traffic calming features - do not ride along a drainage channel or onto a footpath in order to go round them.

Don't drink and cycle. You MUST NOT ride under the influence of drugs, alcohol or any intoxicating substance.

Use cycle lanes and cycle tracks if provided. Cycle lanes may be marked by a broken yellow line plus cycle symbol. You should keep within the lane and watch for traffic leaving or entering side roads. On some roads there are cycle tracks that are separate from the main carriageway. Where the track is shared with a footpath, keep to the side marked for cyclists and take care not to frighten or inconvenience pedestrians.

Bus lanes. A cyclist may only use the bus lane if the traffic signs include a cycle symbol. Be extra careful when overtaking a bus or leaving a bus lane.

Don't leave your cycle where it will cause obstruction. Leave your cycle in a safe place. Use cycle parking facilities where they are provided.

Road junctions

Slow down and be extra careful at junctions because drivers may not notice you amongst other traffic. Never assume that drivers have seen you. If you find the junction is too complex and difficult, stop and get off - then walk with your cycle across the road, following the route that other pedestrians are taking.

Watch out for vehicles turning in front of you. Watch for drivers coming out of side roads - they may not have seen you. Do not ride on the inside of vehicles signalling or slowing down to turn left - drivers of large and long vehicles sometimes fail to check that they have got well past you before they turn left.

Turning right. When making a right turn, check the traffic behind you, give the appropriate signal, and when it is safe move to the centre of the road. Wait until there is a safe gap in the traffic before completing the turn.

Roundabouts. Take extra care at roundabouts because drivers often fail to see and give way to cyclists. It is generally safer to approach the roundabout in the left-hand lane and continue to keep to the left in the roundabout - take extra care when cycling across the exits, and you may need to signal right to show drivers that you are not leaving the roundabout. Watch out for vehicles crossing your path to leave or join the roundabout. It is always safer to let long vehicles clear the roundabout before you proceed.

If you are not sure you can cycle safely through the roundabout, stop and get off the cycle and walk with it on the footpath. Use the Crossing Code when you cross the entry roads.

Signal-controlled junctions. Follow the instructions given by the traffic light signals. You **MUST** stop if the red or yellow signals are showing. Stop at the STOP line or take your position in the queue of waiting vehicles.

Crossing the road

Do not ride across a zebra crossing or a signal-controlled pedestrian crossing - get off and walk your cycle across.

Take great care when crossing or turning into a dual carriageway road because the traffic will usually be moving very quickly. Wait for a safe gap and cross each carriageway in turn.

Rules for the passenger using buses, daladalas, taxis, and motorcycles

Your safety is very much in the hands of the driver, but there are things you can do to help make your journey a safe one:

Always:

- Wait for buses, daladalas and taxis to pick you up at safe places, such as proper bus and taxi stops
- Wait for the vehicle at the side of the road – not on the road
- Let the vehicle come to a complete stop before getting on or off
- Always let the other passengers get out first before you get in
- Be careful when opening the door of a vehicle - it may hit someone
- Get down from the vehicle only at proper stops at the side of the road
- Use the seat belt if there is one.

Never do these things:

- Get into a vehicle that looks to be in bad condition
- Get onto a motorcycle if it is already carrying a passenger
- Push others while getting in or out of a vehicle
- Distract the driver or crowd him
- Encourage the driver to speed or drive dangerously
- Interfere with the controls of the vehicle (including the air conditioning and music system)
- Sit with your head or arm out of the window - you could be seriously injured by a passing vehicle
- Hang onto the outside of a vehicle
- Travel on the roof - it is much more dangerous than being inside
- Sit at the front if you are a child
- Sit at the front if carrying a baby or young child
- Throw things out of the window
- Be a nuisance to other passengers
- Accept food or drink from strangers
- Cross the road immediately in front of or behind the vehicle - drivers of other vehicles will not be able to see you
- Travel in the back of pick-ups, trucks and other vehicles meant to carry goods only - it is very dangerous
- Get into vehicles which are already full.

Encourage drivers to drive in a safe and serious manner. Complain to them in a friendly way, if they drive dangerously, you see them drinking

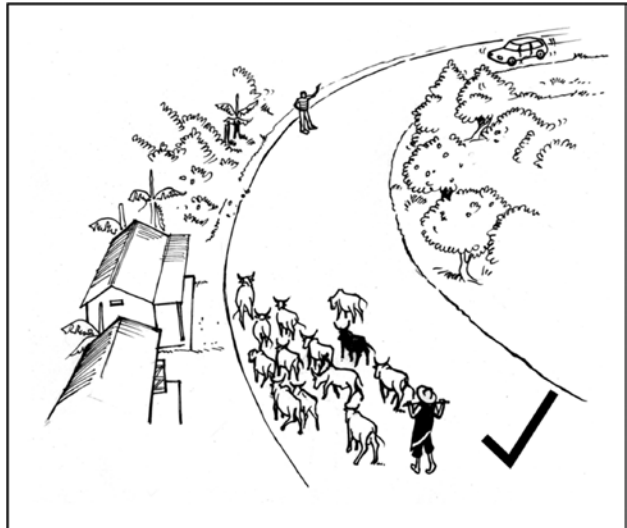
alcohol, or they let an unqualified helper drive. If they do not behave sensibly, get out of the vehicle at the next stop, note down the vehicle's registration number and tell the Police. Better to lose the money you have paid for the trip than to lose your life.

Protest to the driver or helper if they try to take on passengers when the vehicle is already full.

Rules for persons in charge of animals

You **MUST** keep any animal in your charge under proper control. This applies whether you have one animal or a large herd.

Where there are more than a few animals you should have two persons, one at the front and one at the back. At danger points such as sharp bends and the top of hills send the one at the front ahead to warn other road users. On high-speed roads you should also have flagmen to warn approaching traffic – one of them should be 100m in front of the herd, and the other one should be 100m behind the herd. Never herd animals at night.



You **MUST** have a permit from the Police if you want to herd more than 50 animals along any road or street.

Rules for drivers of motor vehicles

Before you set off

You:

- MUST hold a valid driving licence for the class of vehicle you are driving (you can drive on a valid international licence or foreign licence for six months after your first arrival in Tanzania)
- must be feeling well - not ill or tired
- MUST be able to see properly (able to read a vehicle number plate from a distance of 20 metres) - if you need glasses or contact lenses to do this you MUST wear them when driving - do not use sunglasses at night or in poor visibility
- MUST NOT be incapable of controlling the vehicle due to having drunk alcohol or taken drugs - the only way to be sure of this is not to drink any alcohol or take any drugs
- must make sure that, when young children are in the car, they are in the rear seats of the vehicle, they are under the control of an adult, and the doors are locked (use child locks) - it is recommended that you fit and use appropriate child restraints (baby carrier, child seat, or booster seat for older children)
- MUST fasten your seat belt and MUST ensure any front-seat passenger has also fastened their seat belt - it is strongly recommended that passengers in the rear seats also wear seat belts
- must adjust your seat and mirrors so that you can operate the controls comfortably, and can see all around the vehicle.

You MUST carry with you:

- your driving licence
- the vehicle's original certificate of registration or an authenticated copy

You MUST display on the vehicle:

- a valid road licence sticker for the vehicle
- a valid insurance sticker
(except Government-owned vehicles)

Your vehicle MUST:

- be in a mechanically safe condition
- be within the permitted dimensions
- comply with all construction standards (Tanzania Bureau of Standards)
- comply with limits on the number of passengers that can be carried

- be safely loaded, in accordance with the regulations - make sure that any loads carried are secure and do not stick out dangerously - tie a warning tag onto the end of a load that extends beyond the rear of the vehicle
- comply with maximum weight regulations.

Regular safety check (motor vehicles):

- check wheels are in good order and nuts secure
- check there is adequate fuel, oil, brake fluid, water, and windscreen wash
- check that the windscreen wipers are working
- check tyres, including spare, for damage, tread depth (recommended minimum: 3mm), and pressure
- check lights and indicators are in working order
- check horn is working correctly
- check that all glass is clean inside and out, and that the mirrors and reflectors are clean
- check outside of vehicle for damage or defects
- check that tools and jack are present and in working order
- check for abnormal noise when the engine is idling.

Do not drive when tired or ill. Driving can make you feel sleepy. This may be avoided by ensuring that there is enough supply of fresh air into your vehicle. If you feel tired when driving find a safe place to stop and rest. Drinking two cups of coffee may help. It is recommended that you take a 30-minute break after every 3 hours of driving. Do not drive for more than 9 hours per day. Avoid starting a long journey late at night. Drivers of commercial vehicles must comply with the drivers hours regulations.

Do not drive when ill. If you are taking medicine ask your doctor or pharmacist if it is safe to drive. If you become permanently ill or disabled and your doctor says it is no longer safe for you to drive you must surrender your driving licence to the Police.

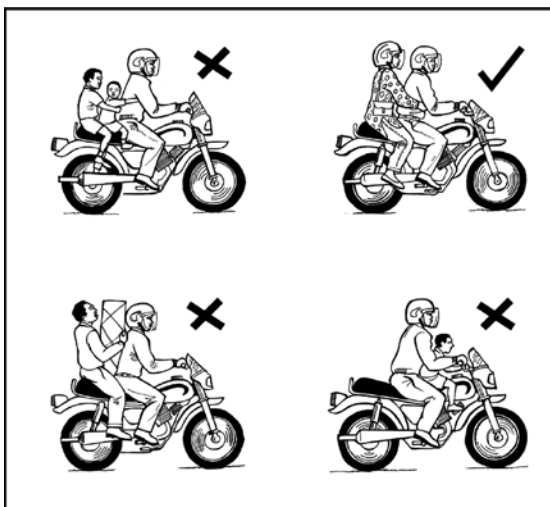
Do not drink and drive. Alcohol reduces your coordination, slows down your reactions, affects your judgement of speed, distance and risk, and gives you a false sense of confidence. It is prohibited to drive with a blood alcohol level higher than 80mg/100ml, but your driving may be affected long before you reach this limit. So, it is best not to drink any alcohol before driving. Remember that it takes time for alcohol to leave your body, so you may be unfit to drive in the evening after drinking

at lunchtime. Drivers of buses, daladadas, and goods vehicles providing transport services, MUST NOT drink any alcohol before driving.

If you are learning to drive. You MUST hold a valid learner drivers' licence, and while driving you MUST be supervised by a registered driving instructor working for a licensed driving school. If you are learning to ride a motorcycle, scooter or moped you should take basic training with a licensed driving school before riding on the road - you should not carry a pillion passenger. All vehicles (including motorcycles and mopeds) under the control of a learner MUST display approved Learner (L) plates.

Advice for motorcyclists. The driver of a motorcycle or scooter MUST wear an approved safety helmet that is fastened securely. It is strongly recommended that the pillion passenger also wears a helmet. You MUST NOT carry more than one passenger.

All riders are advised to wear eye protectors, and strong boots, gloves, and clothes that will help protect you if you fall off. Pillion passengers must sit astride the machine on a proper seat and keep both feet on the footrests. Always wear bright or light-coloured clothing, preferably a high-visibility yellow jacket with reflective strips. It is recommended that you use dipped headlights during the day, as this will make you much more visible.



Driving along

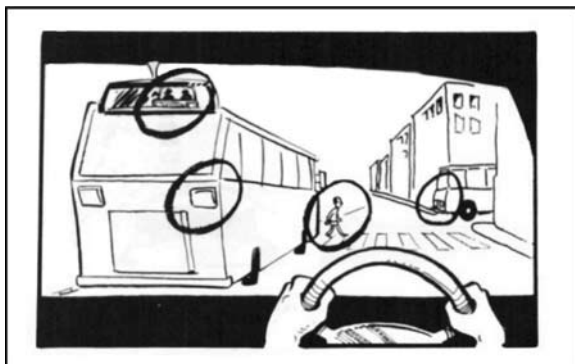
Drive safely. You MUST NOT drive dangerously or recklessly. This is defined as behaviour which a competent driver would regard as dangerous - such as overtaking another vehicle on a sharp bend where you cannot see far ahead.

Drive carefully. You MUST NOT drive carelessly. You must be alert and cautious at all times. It is careless to let yourself be distracted while driving, or not look properly to see if the main road is clear before you turn into it.

Be considerate to others. Don't drive as if you are in a race against the other drivers. Drive calmly and be patient if others make mistakes. Never force smaller vehicles to move out of your way.

Concentrate - don't get distracted. Avoid talking or arguing with passengers. Don't eat, drink, read or smoke while driving. Never use a mobile phone while driving - even if you have hands-free equipment. Find a safe place to stop, and then use your phone.

Keep shifting your glance. Never stare at one place for more than 2 seconds - keep moving your eyes around to make sure you do not miss anything - look far ahead and to the left and right - and every 5 seconds check in your mirrors, even when you *think* there is no traffic around.



Practice defensive driving. Look out for possible problems ahead, such as a child chasing a ball, or a car approaching fast along a side road. If there is a vehicle at the side of the road with a driver in it, expect it to pull out suddenly in front of you. If a bus has stopped ahead of you, be

ready for passengers to cross the road from behind it. When you see a possible problem like this, slow down and be prepared to take action to avoid a collision.

Use signals to warn and inform other road users. You **MUST** use direction indicators or hand signals before changing course or direction, stopping or moving off. Give clear signals in plenty of time, and remember to cancel them after use.

Signals to other road users

Turning Right



Turning Left



Slowing down



Use the horn only if you must warn other road users that you are there. If drivers use the horn too much, road users will stop taking notice of it. Don't use the horn to say "hello" or to show you are angry with someone, or to tell the driver ahead to hurry up and get going. Do not use the horn outside hospitals, courtrooms and schools, or between 11p.m. and 6a.m. in town. Avoid using the horn in National Parks and Game Reserves.

Flash your headlights only to let other road users know that you are there, in situations where the horn might not be heard or at night in town. Do not flash your headlights to show that you are angry or to try and claim the right of way. If another driver flashes at you, do not assume that it is a signal that they are letting you go first.

Obey the traffic signs. You **MUST** obey all traffic light signals, and traffic signs and road markings giving orders. Make sure you know and act on all other traffic signs and markings. The last section of this *Highway Code* contains illustrations of all the signs. You **MUST** also obey signals given by uniformed police officers and other authorised persons. Their signals have precedence over all other signs and markings.

Moving off. Before moving off, always use your mirrors, signal, and look over your shoulder to check that the road is clear. Move off only when you have satisfied yourself that it is safe to do so.

Keep to the left. You **MUST** drive on the left-hand side of the road. Slow-moving vehicles (bicycles, bullock carts, hand-carts, tractors, etc.) must keep to the left-hand side and allow faster vehicles to overtake them.

You **MUST NOT drive on footpaths, paved footways or other pedestrian areas.**

Don't hold up traffic behind you. You **MUST NOT** drive unreasonably slowly. If you are driving a large or slow-moving vehicle and there is a queue of traffic building up behind you, you **MUST** find a place to pull in safely and let the other vehicles overtake.

Signals by Police Officers or other Authorised Persons



STOP
Traffic approaching
from front



STOP
Traffic approaching
from behind



STOP
Traffic approaching
from both front & behind



STOP
Traffic approaching
from the side

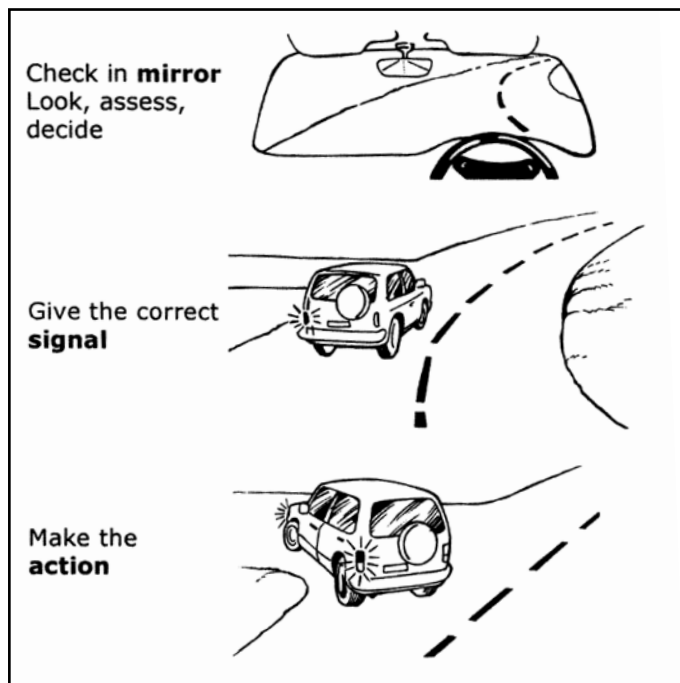


COME ON



COME ON

Mirrors - signal - action. Use your mirrors often so that you always know what is behind and around you. Use your mirrors well before you turn or change position, and then give the appropriate signal.



Motorcyclists are advised to look behind them before changing position and turning right.

Keep in lane. Where there is more than one lane in the same direction, use the left lane for going ahead and the others for overtaking, turning right, or passing stationary vehicles. Do not stay in the right-hand lane longer than is necessary. When changing lanes, remember **mirrors - signal - action**.

Traffic queues. If there is a line of stopped traffic ahead, join the back of it. You must not "jump the queue". Be patient. Always stop your vehicle so that you can see the rear tyres of the vehicle ahead – it may run back a little when it starts off. If you come to a zebra crossing while in a queue do not stop on the crossing – leave it clear for pedestrians to use.

Speed

Drive at a safe speed. You **MUST NOT** drive at a speed that might be dangerous to others. Keep adjusting your speed to suit the circumstances. For example, slow down if you are approaching a bend, narrow bridge, or junction, or an area where there are lots of pedestrians. Select the gear that will give you the most control. Drive more slowly if the road is wet, or the visibility is poor. Drive more slowly at night, when it is harder to see pedestrians, cyclists, animals, and parked or broken-down vehicles.

Driving on unsealed roads. Always drive more slowly on unsealed roads, steer gently, and avoid hard braking. Unsealed road surfaces are more slippery than asphalt, and your tyres have 50% less grip.

Typical Stopping Distances

30 km/h



12 metres
or 3 car lengths



Thinking Distance



Braking Distance

50 km/h



23 metres
or 6 car lengths

80 km/h



53 metres
or 13 car lengths

100 km/h



Average car length = 4 metres

73 metres
or 18 car lengths

Drive so that you can always stop in time to avoid hitting anything. Drive at a speed which will allow you to stop well within the distance you can see to be clear. Never speed into a sharp bend or over the top of a hill - what if a vehicle has broken-down just out of sight? Remember that, if you double your speed, your stopping distance increases by three times - see diagram. The stopping distance will be

much longer than this on wet or unsealed roads. Large vehicles and motorcycles always take longer to stop than cars.

As a general rule you should always keep a 2-second gap between your vehicle and the one in front. One of the methods used to measure this gap while driving is to count “*one thousand and one, one thousand and two*” when the vehicle in front of you passes a fixed point. If you pass the fixed point before your count is complete, you are too close.

Obey the speed limits. You MUST NOT exceed the maximum speed limit for your vehicle. Currently the legal limits are:

50km/h for all vehicles in built-up areas (even if there is no traffic sign)

80km/h for heavy goods vehicles (>3500kgs gross vehicle weight) and public service vehicles (buses, coaches, but not taxis) outside built-up areas

100km/h is the advisory maximum speed for cars and other light vehicles outside built-up areas.

These limits may be varied by a local speed limit shown by a regulatory traffic sign. You MUST NOT exceed the maximum speed indicated on the sign. **Remember that a speed limit does not mean that it will always be safe to drive at that speed.** You must drive at a speed that is safe for the road, traffic, and weather conditions.

Overtaking

Before overtaking you MUST make sure:

- the road is sufficiently clear ahead
- the vehicle behind is not beginning to overtake you
- the vehicle ahead is not overtaking another vehicle
- there is a big enough gap in front of the vehicle you are about to overtake

Do not overtake unless you are sure you can do so without causing danger to other road users or to yourself. If in doubt do not overtake.

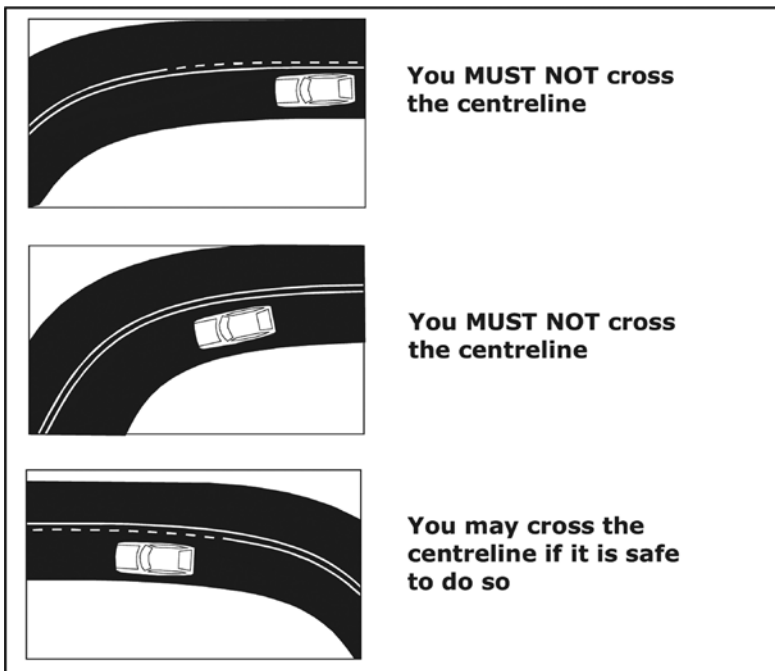
Do not overtake a moving or parked vehicle:

- if a vehicle is approaching from the opposite direction - unless you are sure you can do so without forcing that vehicle to slow down or swerve to avoid you
- where the vehicle to be overtaken is signalling to turn right

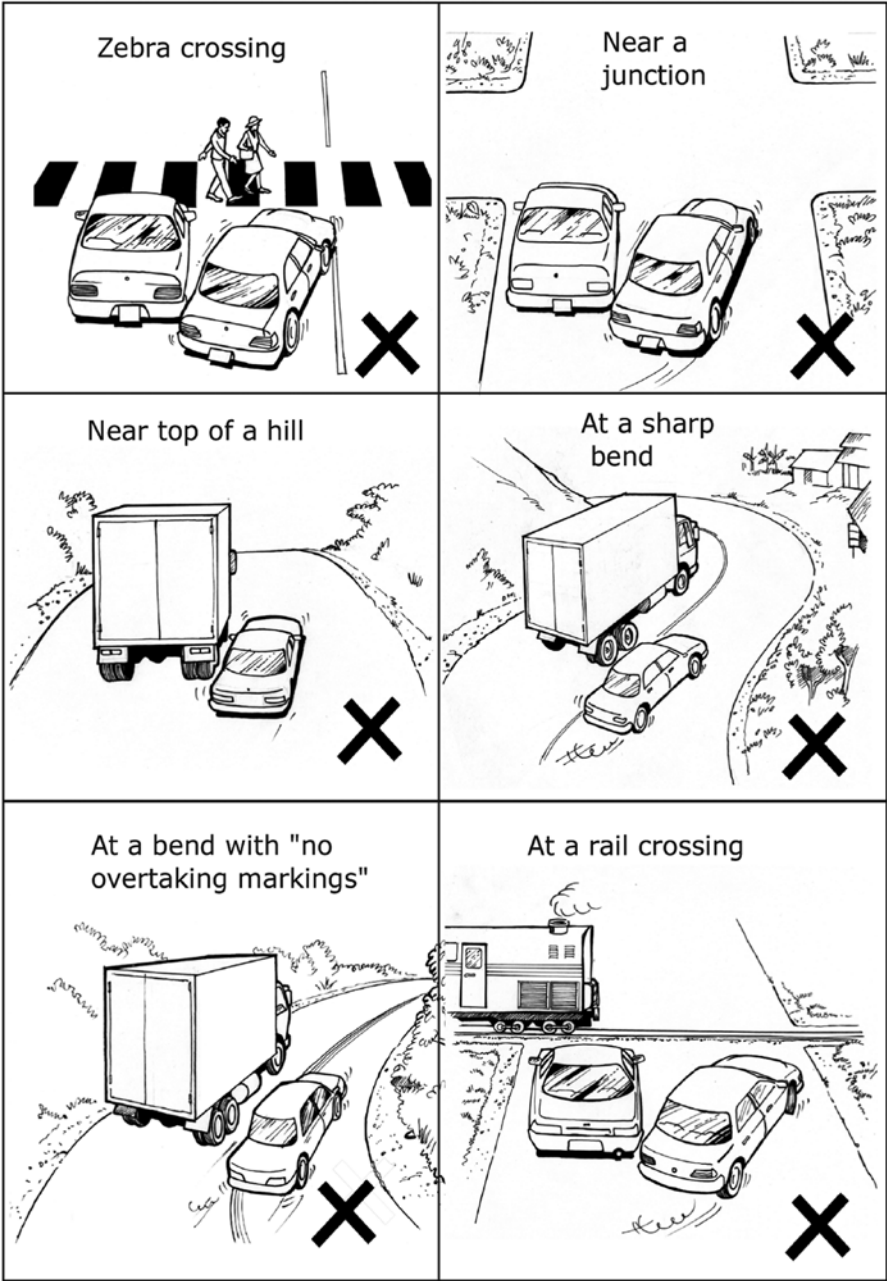
- where you cannot see far enough ahead, such as at a bend or near the top of a hill
- at junctions
- at or near zebra crossings or other pedestrian crossings
- at or near railway crossings
- where you would have to enter a lane reserved for buses or cyclists
- where you would have to drive over an area marked with diagonal stripes or chevrons
- where overtaking is prohibited by the “No Overtaking” sign or road markings.

Road markings that tell you when you can overtake.

If the white centreline marking is broken (- - -) you may cross the line to overtake, if it is safe to do so. If the white centreline marking is unbroken (_____), you **MUST NOT** cross the line, unless it is necessary to pass a stationary vehicle or turn into a side road. Where there are two centrelines it is the line nearest to you that applies to you.



Unsafe places to overtake



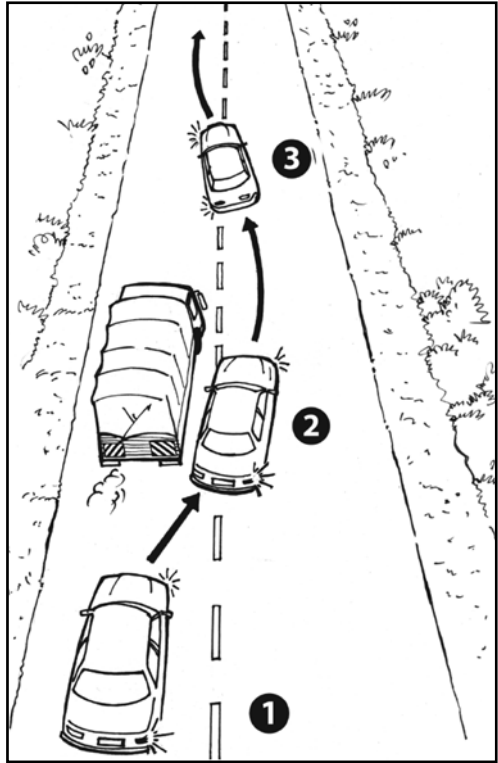
Basic procedure for overtaking.

Before you start to overtake make sure that the road is sufficiently clear ahead to enable you to overtake and return to the left side without forcing any other vehicle to slow down or turn sharply to miss you. If in doubt – do not overtake. Use your mirrors to check that no-one is overtaking you. Signal before you start to move out **[1]**. Take extra care at night and in mist or heavy rain when it is harder to judge speed and distance.

Remember: mirrors - signal - action

If you are unsure what the driver of the vehicle ahead is going to do, sound the horn.

Once you have started to overtake, **[2]** move quickly past the vehicle you are overtaking and leave it plenty of room. When overtaking cyclists or motorcyclists give them at least as much room as you would give a car. Move back to the left side of the road as soon as you can, **[3]** but do not cut in so sharply that the vehicle you are overtaking has to brake or make a sharp turn to avoid you. Check this by looking to see the vehicle in your mirror.



If you are being overtaken. Do not increase your speed when you are being overtaken. Move to the left if you can do so safely. Slow down if necessary to let the overtaking vehicle pass quickly and safely.

Overtake on the right. You **MUST** always overtake on the right, except when:

- the vehicle in front is signalling to turn right, and there is room to overtake on the left safely (do not drive onto the shoulder or footpath);

- traffic is moving slowly in lanes, and vehicles in a lane on the right are moving more slowly than you are.

When others signal you to overtake. Sometimes the driver of a vehicle ahead of you signals that the road is clear for you to overtake. Do not assume that the driver is right. Overtake only when **you** can see that the road is clear.

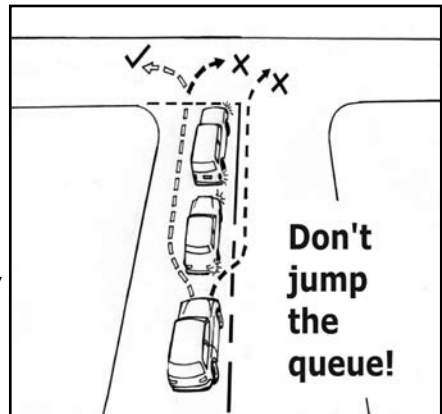
If the vehicle you are overtaking speeds up or resists in any way, stop trying to overtake. Never get into a race with another driver.

Junctions

Approaching a road junction. Many collisions happen at junctions, so take extra care. Look out for junctions ahead, and assess what action, if any, you will need to take. Make sure that your vehicle is positioned correctly for the move you are going to make and that you are travelling at an appropriate speed.

Get in the correct lane or position. If the road is marked into lanes, get in the correct lane in good time. Take note of arrow markings that show which lane is for which direction. Do not change lanes without good reason. If there is a queue of traffic ahead, do not try and “jump the queue” - be patient.

Obey the priority rules. At a junction with a “STOP” sign (it will also have an unbroken white “STOP” line across the road) you **MUST** come to a complete stop at the line. Look carefully to see if there is any traffic coming. Wait for a safe gap before you move off.



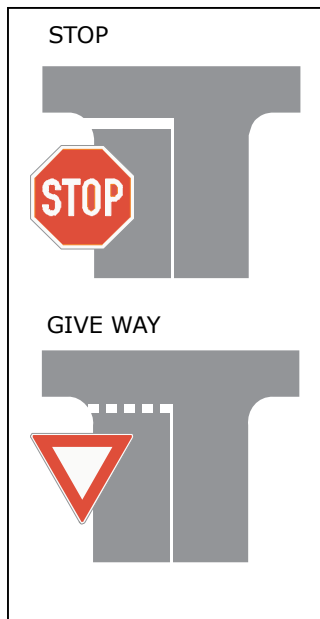
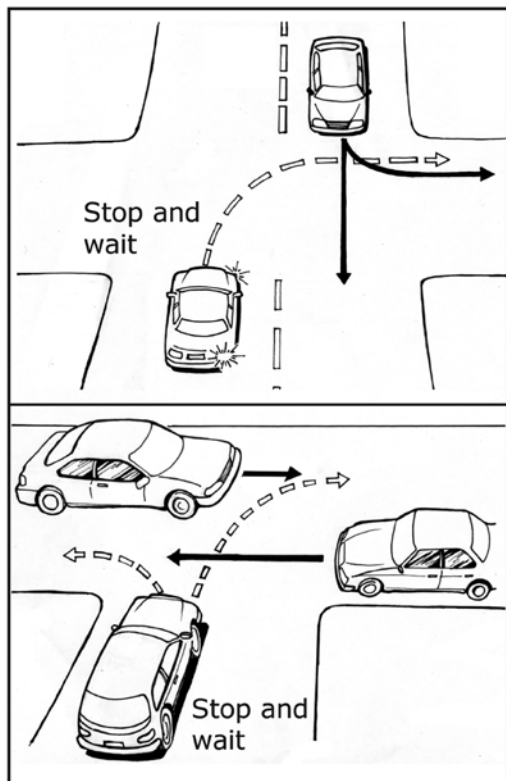
At a junction with a “GIVE WAY” sign or marking (a broken white line across the road) you **MUST** give way to traffic on the other road. Wait for a safe gap before you move off - you must not force the other vehicles to slow down sharply or swerve to avoid you.

In the absence of any signs and markings, always remember to give way to traffic coming from the right.

Where you have the right of way, go forward cautiously and be ready, if necessary, to slow down and stop to avoid a collision.

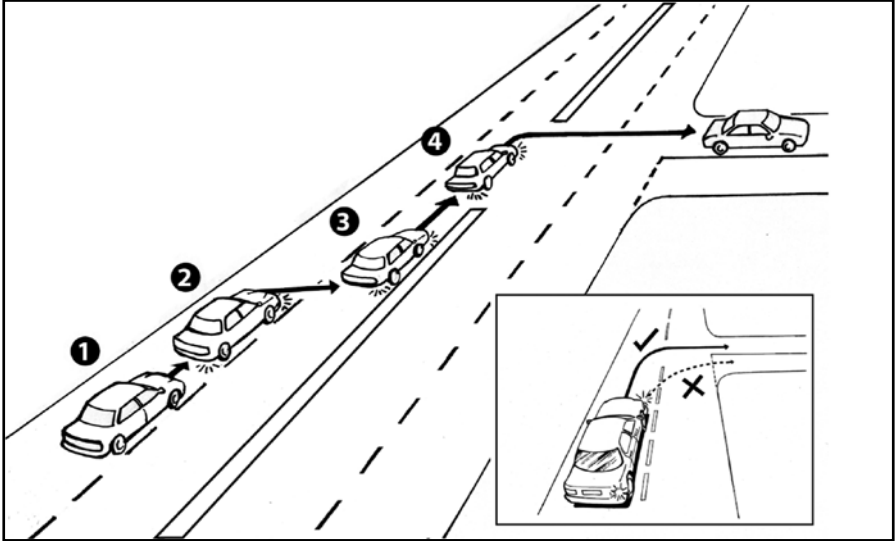
Do not enter a junction until your exit is clear. Do not jam up the junction unnecessarily. Stay back and allow other vehicles to cross in front of you. If drivers are patient and use common sense, everyone will get to where they are going more quickly.

Basic rights of way



Turning right.

1. Well before you turn right, use your mirrors to check that the vehicles behind you are at a safe distance
2. Give a right turn signal and start to slow down
3. Move to a position just left of the middle of the road
4. As soon as there is a safe gap in the oncoming traffic make the turn - do not short-cut across the corner.



Watch out for cyclists, motorcyclists and pedestrians - if there are pedestrians crossing the road into which you are turning, you must stop and let them cross.

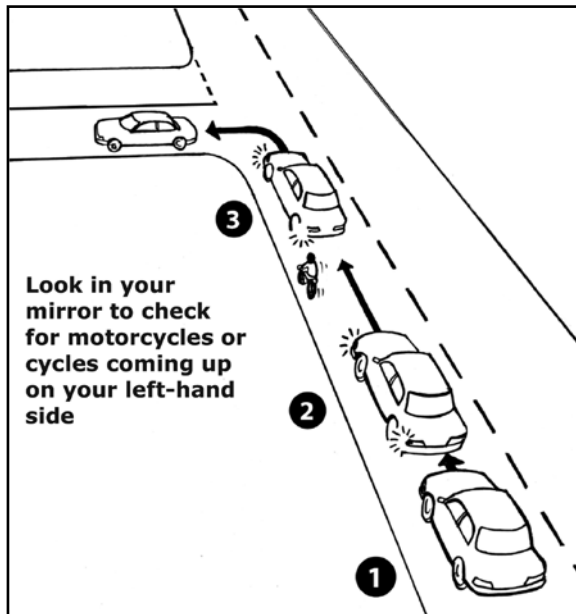
Look out for other road users, especially motorcyclists, cyclists and pedestrians, and let them know what you intend to do by signalling clearly.

Allow long vehicles room to turn. They may have to use the whole width of the road to make the turn.

Turning left.

1. Well before you turn left, use your mirrors to check that no-one is coming up behind you on your left
2. Give a left turn signal and start to slow down
3. If the way is clear make the turn keeping close to the left-hand edge of the road (drivers of long vehicles may have to move to the centre of the road in order to make the turn). Watch out for cyclists and motorcyclists who may have come up on your left-hand side – let them overtake you and get clear before you make the turn. Watch out for pedestrians - if there are pedestrians crossing the road into which you are turning, you must stop and let them cross.

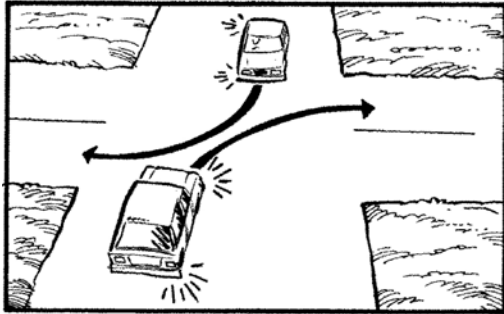
NEVER overtake a vehicle and then cut in front of it to turn left.



Turning into a dual carriageway road. When crossing or turning right into a dual carriageway road, look to see whether the space between the two carriageways (the median) is wide enough to protect the full length of your vehicle. If it is, you should cross safely to the middle and then wait there until there is a safe gap in the traffic on the second

carriageway. If the area in the middle is not wide enough, you must wait until you can cross both carriageways in one go.

Turning right at a cross roads when an oncoming vehicle is also turning right. The normal procedure is to turn right in front of the other vehicle (see illustration below). The other vehicle may block your view of oncoming traffic, so proceed cautiously and do not make the turn until you are sure that the way is clear.



Obey the traffic light signals. You **MUST** stop behind the white "STOP" line unless the signal is green. If the yellow light appears you may go on only if you have crossed the stop line or are so close to it that to stop might cause a crash. Approach the signals at a speed that will enable you to stop quickly if the signal changes to yellow.

Only go forward when the signal is green if your exit is clear, or you are taking up a position to turn right.

If the traffic lights are not working, and there is no police officer controlling the traffic, you should go forward carefully, and give priority to traffic coming from your right.

Drive defensively. For example, when waiting to turn into the main road from a side road, make sure that the vehicle coming from the right and signalling to turn left does start to turn before you proceed - in case the other driver has no intention of turning left, but has forgotten to cancel the turn signal after a previous turn.

Special advice for drivers at roundabouts

Well before you reach the roundabout reduce your speed, decide which exit you need to take, check your mirror, and get into the correct lane (see advice below). On reaching the roundabout **give way to traffic already in the roundabout**. Watch out for cyclists and motorcyclists, who can be difficult to see if there is a lot of traffic. Remember that there might also be pedestrians crossing the road – from the left as well as the right.

When turning left:

Signal left

Keep to the left lane

Give way to traffic on the roundabout

Keep to the left on the roundabout

Proceed to your exit, still signalling left

When going straight ahead:

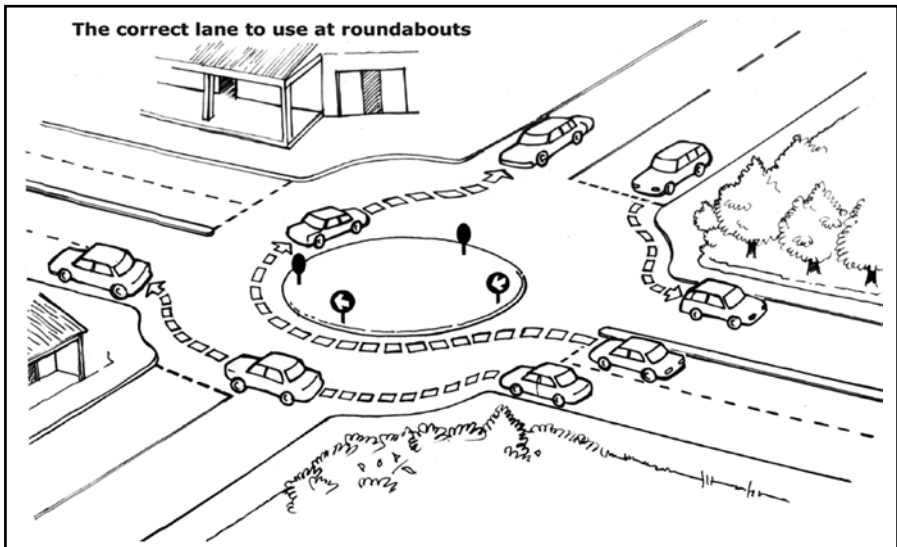
Keep to the left lane (unless the left lane is marked for left-turning vehicles only) - do not signal

Give way to traffic on the roundabout

Merge with traffic, staying in the left lane

Signal left after you have passed the exit before the one you want

Proceed to your exit, still signalling left



When turning right or turning full circle:

Signal right

Keep to the right-hand lane

Give way to traffic on the roundabout

Merge with the traffic, keeping to the right

Continue to signal right until you have passed the exit before the one you want, then signal left

Proceed to your exit

NEVER stop or park within a roundabout. When in the roundabout do not overtake a long vehicle – it might crush you against the centre island.

Driving at night or in bad weather

Drive at a speed which will allow you to stop within the distance you can see to be clear. If you dip your headlights (i.e., point them down), or are blinded by the headlights of oncoming vehicles you must slow down - in the darkness ahead there may be a broken-down vehicle or a cyclist.

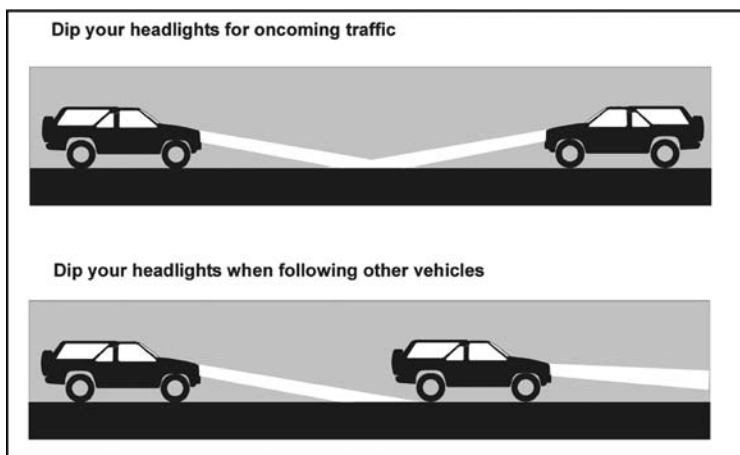
You MUST use headlights at night (from half an hour before sunset to sunrise) or during the day when visibility is seriously reduced by smoke, mist, fog or heavy rain. As a general guide switch on your headlights whenever you cannot see clearly for more than 100metres. Do not be slow to switch them on - they make you much more visible to others.

Check your headlights are clean, working and properly adjusted.

The headlights must be correctly set so as to provide maximum illumination without blinding other drivers - a qualified motor mechanic can check this for you.

Use dipped headlights:

- when vehicles are coming towards you
- when driving behind, or overtaking, another vehicle
- when driving in towns with good street lighting.



Do not dazzle other road users. Do not switch on fog lights or other lights unless it is very foggy or misty.

Reversing

You **MUST NOT** reverse more than is necessary.

Before reversing make sure that there are no pedestrians or objects in the road behind you - remember that small children may be hidden by the rear of the vehicle. Reverse with care and never for longer than necessary. If you cannot see clearly, get someone to guide you. This person can also warn other road users to keep clear. Use reversing lights to attract attention during the day, and to see better at night.

Be particularly careful when you are reversing out of a building, a yard, or a house plot – the walls or fences may hide pedestrians who are about to walk across the opening. If possible, reverse in, so that you can drive out forwards.

Never reverse from a minor side-road onto a main road. Never reverse through a major junction. Never reverse over a pedestrian crossing, or a rail crossing.

It is strongly recommended that all heavy goods vehicles and commercial vehicles be fitted with buzzers that sound automatically when the vehicle is reversing.



Parking

When you want to stop or park, remember **mirrors - signal - action**. Move off the road where possible onto an area suitable for parking. If you have to stop on the road, stop as close as you can to the left-hand side. Always check whether it is safe to park and whether parking is permitted. Before you or your passengers open a door, make sure it will not hit anyone passing on the road or footpath - watch out for cyclists and motorcyclists. Remember that it is safer to get out of the vehicle on the left-hand side next to the kerb or road edge.

You **MUST NOT** park:

- carelessly or without reasonable consideration for others
- on or within 5 metres of a zebra crossing or other pedestrian crossing
- within 5 metres of a junction or rail crossing
- at a bus stop or 15 metres to each side of the sign "bus stop"
- on a footpath or paved footway
- in front of vehicle entrances to properties
- on a road marked with double white centrelines, even if one of the lines is broken
- where there are parking restrictions shown by the No Parking sign and/or yellow lines along the edge of the road.

Do not park at any other place where it would be dangerous or cause problems for other road users, for example:

- near a school entrance
- near the top of a hill
- on a sharp bend
- alongside another parked vehicle (double parking)
- opposite a traffic island
- where your vehicle will obstruct a taxi stand
- where your vehicle will block the view of a traffic sign or traffic signals.

When you are leaving the vehicle you **MUST** make sure it cannot move. Never leave the vehicle while the engine is running. Switch off the engine and the headlights, and make sure the handbrake (parking brake) is on. Always lock your vehicle.

Do not park at night on busy roads or where there is fast-moving traffic. If you cannot avoid doing this, switch your parking lights on. At night only park on the left-hand side of the road.

Taking care with pedestrians and other vulnerable road users

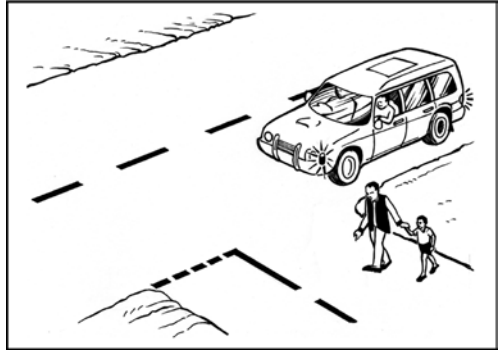
Watch out for pedestrians. Pedestrians don't have much of a chance when hit by vehicles. Many pedestrians, especially those in rural areas, are unused to traffic and do not know how dangerous the road is. Drive extra carefully and slow down to 30 km per hour or less when there are pedestrians in the road, particularly in crowded town centres, markets and near bus stops. Watch out for pedestrians stepping suddenly into the road from behind a parked or stopped vehicle (a bus perhaps).



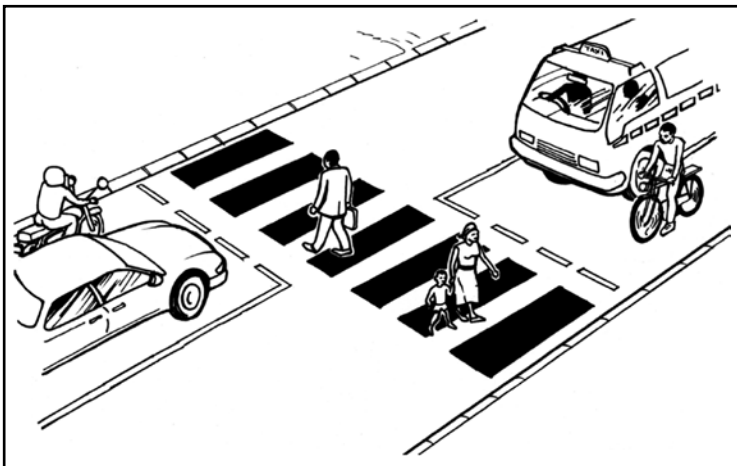
Be extra careful when children are around, and when driving near schools. Don't expect children to behave like grown-ups. Their eyesight and hearing is more limited, and they cannot judge speeds very well. They have difficulty concentrating, and when they get into danger they may stand still in fright, instead of getting out of the way. Where there are children around slow down and take extra care.

Be friendly to old people and disabled persons when they are having difficulty crossing the road. Let them cross if it is safe to do so. Always slow down near schools and hospitals.

If there are pedestrians crossing the road into which you are turning, you should stop and let them cross in front of you.



Zebra crossings. When coming to a pedestrian crossing marked with white stripes (a "zebra crossing") be ready to slow down and stop to let people cross. You **MUST** stop if anyone is on the crossing or about to cross. You **MUST NOT** overtake any vehicle that has stopped to give way to pedestrians. And you **MUST NOT** park your vehicle on a pedestrian crossing - or within 5 metres of one.



Signal-controlled pedestrian crossings. Some pedestrian crossings are controlled by traffic lights. Obey the traffic light signals. Pedestrians may cross the road in front of you when your signal is at RED.

Watch out for motorcyclists and cyclists. Two-wheelers are more difficult to spot than larger vehicles. Always look out for them when entering and leaving junctions. Give motorcyclists and cyclists plenty of space when overtaking them, especially if you are driving a long vehicle or towing a trailer. Never overtake and turn close in front of them. Treat carts and barrows with the same care.

Processions. You MUST NOT drive through a procession, a line of school children, or a troop column.

Do not obstruct emergency vehicles or official motorcades. Drivers of authorised emergency vehicles may disregard traffic rules in an emergency provided they use a flashing beacon or warning siren, and do not drive dangerously. Other drivers MUST move out of the way of the emergency vehicle. You MUST NOT obstruct the progress of an official motorcade. When you see one coming, move to the left edge of the road and stop until it has passed. Obey the instructions of police officers and persons in the escort vehicles.

Rail crossings

At rail crossings without barriers, signals or someone controlling traffic, you should slow down before entering the crossing in order to check whether trains are coming. Drivers of buses, and vehicles carrying inflammable material, MUST stop and look before proceeding. Listen for a train hooter. Never race against trains – they always have right of way. Make sure it is safe before crossing, and be particularly careful where there is more than one rail track.

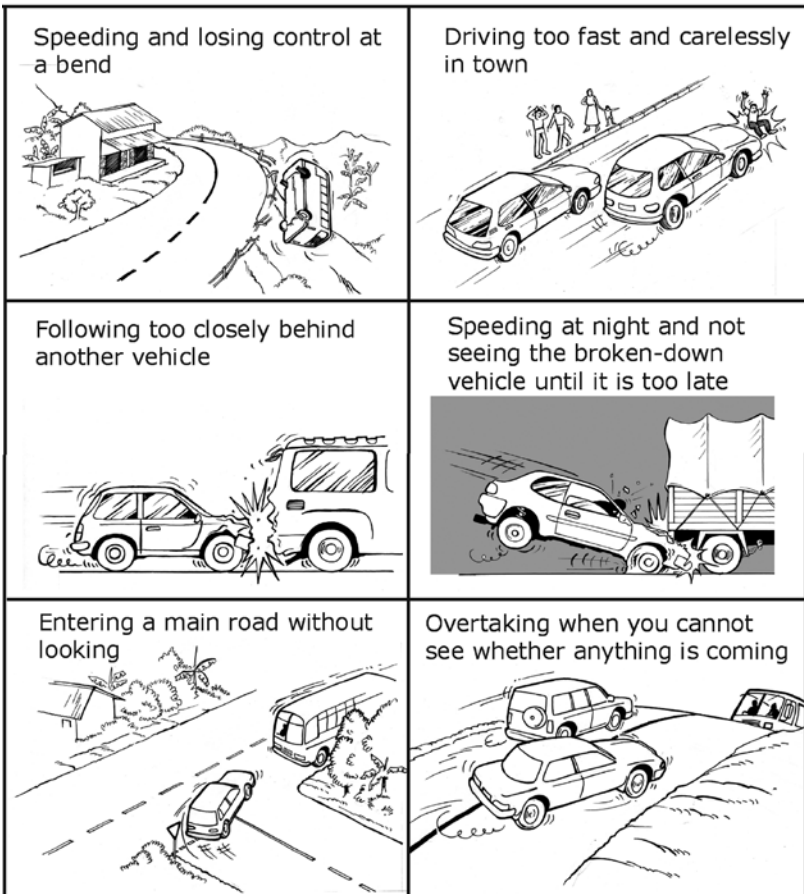
Where the crossing is controlled by barriers, signals or an authorised person, you MUST obey them. Never try to speed up and get through a crossing while the barriers are coming down. Never set off until the light signals go off and the barriers are fully open. Let pedestrians and cyclists go first.

Never drive onto a rail crossing until the road is clear on the other side, and do not get too close to the vehicle ahead. Never stop or park on, or near, a crossing. If your vehicle breaks down on a crossing, get everyone

out of the vehicle immediately and away from danger. Inform the crossing-keeper, if there is one, and follow his instructions. Otherwise, phone the Police. If there is no train coming get help to push the vehicle off the crossing. If you hear or see a train coming get clear of the crossing immediately, and try and warn the train driver without putting yourself in danger.

Don't take risks at rail crossings. If you have a collision with a train you are unlikely to survive.

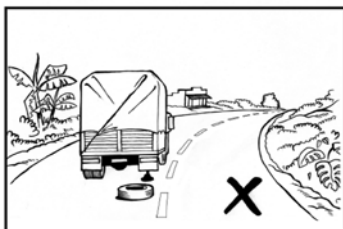
Common types of road crash



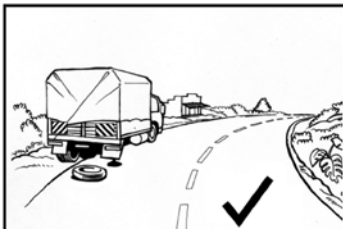
Breakdowns

If your vehicle breaks down, or you have a puncture, try and move the vehicle off the road. If this is not possible get the vehicle close to the left-hand edge of the road and away from junctions, bridges and bends and other dangerous places.

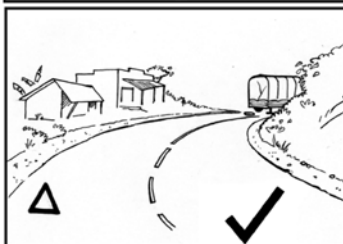
If you cannot avoid stopping on the road you **MUST** warn other traffic by putting a red reflective warning triangle near the edge of the road not less than 30m behind the vehicle - plus another warning triangle at the same distance in front of the vehicle. You should also use your hazard warning lights (double indicators – both flashing together). If you have stopped on a bend or near the top of a hill get someone to walk back along the road to warn the approaching traffic.



You **MUST** try and remove the vehicle as soon as possible. A police officer has the power to arrange for the removal of any vehicle if he considers it a danger to traffic. You will be made to pay the bill for this.



Try not to stand or work on the vehicle where you are at risk of being hit by passing vehicles. While repairing the vehicle never spill diesel or oil on the road, as they can seriously damage the surface.



Make every effort to get the vehicle repaired or removed from the road before dark. If you have to leave a broken-down vehicle in the road at night, switch the parking lights on and make sure there are warning triangles on the road well before the vehicle to warn other drivers. Inform the Police.

Make sure that any stones you have used to chock the wheels are removed from the road when you drive away.

If there is a crash

If you are involved in a crash, or stop to help:

- warn other vehicles by switching on your hazard warning lights (double indicators) and, if necessary, wave to other drivers to slow down - control the traffic so as to avoid another collision - ask other drivers and local people to help with this
- ask drivers to switch off their engines and put out any cigarettes
- arrange for the Police to be called immediately - state the exact location of the crash and the numbers of vehicles and injured persons involved - ask several people to do this in order to make sure the message gets through
- be prepared to give first aid - if the injuries are serious, and there is little chance of getting help quickly, make arrangements to take the injured to the nearest hospital
- respect the victim and their property - and encourage everyone else to do the same
- do not take the law into your own hands - discourage mob justice.

When you see stopped vehicles ahead, slow down and be ready to stop. If you think there are enough people helping already do not stop and add to the blockage. When passing the crash do not get distracted - concentrate on the road ahead. Obey the commands of police officers who are at the scene, and be patient if there are long delays.

If you are involved in a road crash in which someone is injured you **MUST** give your name and address (and the name and address of the vehicle owner, if different) to any other person involved and you **MUST** report the crash to the nearest police station or police officer as soon as possible (and never later than 12 hours after the crash). The report will help the Police, prosecutors, and insurance companies identify what happened and whether anyone was at fault and is liable to pay compensation.

You **MUST** stop and assist persons injured in a road crash, unless you fear for your own safety. If you are involved in a road crash in which no-one is injured you need not inform the Police, but you **MUST** give your name and address (and the name and address of the vehicle owner, if different) and registration number of your vehicle to any other person involved.

First Aid

Many road crash victims suffer unnecessarily, or even die, at the scene of the crash through lack of adequate care. Someone with First Aid training can often prevent a victim's condition from worsening and may save their life. The aims of First Aid are to:

1. Preserve life
2. Prevent a casualty's injury or illness from getting any worse
3. Promote recovery

First Aid training is available in many centres and from organisations such as the Red Cross, and it is well worth learning these skills. **But even if you have no First Aid training there are some simple things you can do to help the injured, and these are described below in order of priority.**

1. Prevent further danger and make safe

First of all assess the danger to yourself, the victims and others. Make the situation safe before approaching. You do not want to become a casualty yourself. For instance, warn and control approaching vehicles to prevent a second collision. Ask other people to help you with this. If there is a danger of fire, make sure no-one smokes or uses lighters or matches.

2. Emergency treatment

The most important thing is to preserve life. Remember "**Dr A.B.C.**" This stands for:

D = Danger Is there continuing danger to the injured? – Try to make safe. Protect the casualty and keep curious onlookers away.

R = Response Is there any response from the casualty? – Shake the casualty gently and talk to him. If there is no response check the airway (throat).

A = Airway Is the airway (throat) clear?

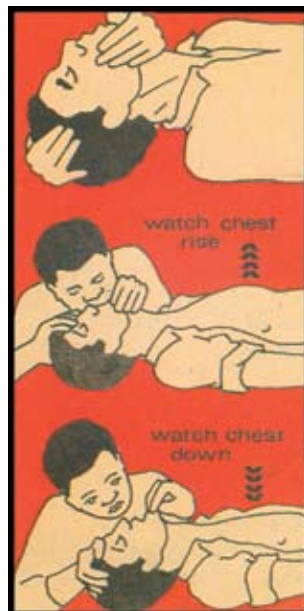
– Lay the casualty on his back, tilt the head to one side, and open the mouth; check that the tongue is not blocking the throat, and use your fingers to scoop out anything (food, dirt, artificial teeth, etc.) in the mouth; then gently move the head so that the chin is up and the mouth open and check for breathing.



B = Breathing Is the casualty breathing?

– Check by putting your ear close to the casualty's mouth for at least 10 seconds to hear and feel the breath. Look to see whether the chest is rising and falling. If there is no breath, then immediately give artificial respiration by pinching closed the nostrils, taking a deep breath, and breathing slowly into the casualty's mouth until you have emptied all the air in your lungs into his. Do this again. Check again for breathing. If there is still no breath, check for circulation.

C = Circulation Is there a pulse? – Check the pulse by placing two fingers at the neck near the throat, and look at the casualty's colour and pupils of the eyes. If there is no breath or circulation, call for emergency assistance immediately before continuing. Once help has been summoned, if you know the technique, then apply CPR (Cardio-Pulmonary Resuscitation) combining chest compressions with artificial respirations until expert help arrives, or the casualty starts breathing.



If there is a pulse, but the casualty is still not breathing, continue with artificial respiration (a breath every five seconds). Do not give up - it may take some time for him to be able to breathe on his own.

Once the casualty is breathing and talking again, lie him on his back and keep him warm. If he is breathing but does not answer questions, put him in the recovery position (see Section 7).

3. Get help

Expert help must be summoned as quickly as possible, normally by dialling 112. Try not to leave the casualty alone, so ask others to phone or get help and to report back that they have done so. Many people have mobile phones so there may be no need to leave the scene. It is important to give the emergency services clear information on:

- What has happened
- The location of the crash – street name, known landmarks or places
- Site conditions and dangers

- Number of people injured and severity of injuries.

You should not end the call until you are told to do so – wait for the emergency service to confirm the details.

If help is not quickly available you may have to transport the casualty to a medical facility. Ask the advice of the Police or local people about the best place to take the casualty. Small facilities like health posts and clinics may be able to stabilise the condition of the seriously injured so that they will survive a long trip to hospital. However some may not be open 24 hours.

4. Moving casualties

Do not move any casualties unless absolutely necessary. Injured persons still in vehicles should not be removed unless there is immediate danger of fire, additional damage, or further collisions. Persons suffering obvious bone fractures or possible internal or spinal injuries should not be moved unless it is essential for their safety. If a casualty is unconscious but is breathing and not obviously badly injured, put them in the recovery position (see Section 7) to prevent breathing problems.

5. Bleeding and injury treatment

A person can bleed to death in five minutes, so it is vital that you try and stop heavy loss of blood. Reassure him, and, if possible, lie him flat on the ground. Find out where the bleeding is coming from. Then check for anything in the wound and remove it if it is easy to do so*. Apply firm pressure over the wound, preferably using a sterile dressing from a First Aid kit or any other clean padding - otherwise use your hands**. If



the bleeding does not reduce, press harder. You may be able to tie the padding over the wound, but be careful that you do not cut off circulation - release the pressure briefly every ten minutes. If there are no broken bones, raise a bleeding limb as high as possible to reduce the blood flow.

* *If there is an object stuck in the wound leave it there, and apply pressure alongside the wound.*

** *When dealing with another person's bleeding wounds it is recommended that you protect yourself by putting your hands inside surgical gloves or clean plastic bags.*

If there are broken bones, fractures or dislocations it is important to stabilise the limb and avoid movement so you don't make the injury worse. If there are burns, immediately cool the area with cold running water and then cover with a clean dressing.

6. Treat victims for shock

It is also very important to recognise, prevent, and treat the symptoms of shock, as these may cause even more serious deterioration than the original injury. The signs are: a cold, pale, damp skin; fast or weak pulse; rapid shallow breathing; feeling sick; yawning or sighing.

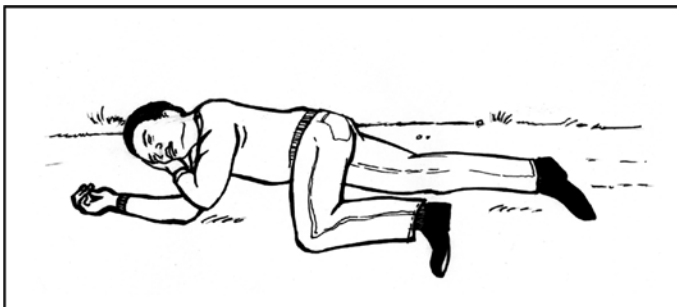
The causes of shock are many, including: injury; drop in blood pressure; and reduction in the volume of any body fluid. As well as treating the cause, it is vital not to leave the person alone, and to make them more comfortable by:

1. lying the person down
2. loosening any tight clothing particularly round the chest and airways
3. keeping the person warm by covering with a blanket
4. talking to the person to keep them calm
5. raising the legs slightly to keep blood flowing to the head.

An accident casualty should never be given anything to eat or drink. If they are thirsty, moisten their lips with water. Never give a casualty any medicines or apply anything but clean water and dressings to wounds.

7. Put the casualty in the recovery position

This is a stable position with the casualty on their side, to prevent choking on their tongue or vomit if unconscious. The head is slightly tilted back, the lower arm is out at a right angle, the hand of the upper arm is under the cheek, the lower leg stretched out, and the upper leg bent in a right angle as shown in the illustration below.



Traffic signs

Traffic signs serve to warn, regulate, guide and inform road users. They include road signs on upright poles, traffic light signals, and road markings.

There are four groups of road signs:

Regulatory Signs telling drivers what they must do or must not do

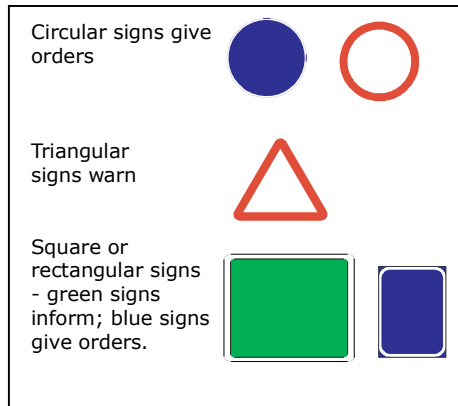
Warning Signs warning drivers of dangers or difficulties on the road ahead

Information Signs

Guidance Signs helping drivers to find the way to their destination

The signs in some groups have a special shape and colour to help drivers recognise them quickly. Two very important signs, the "Stop" and "Give Way" signs, have their own unique shapes.

Where there is a need to qualify or expand the message on the main sign the additional information is contained on a supplementary plate beneath the main sign.



Traffic signals are used to control traffic and pedestrians at junctions and crossings.

Road markings are subdivided into regulatory, warning and guidance markings.

Regulatory Signs



R1
Stop



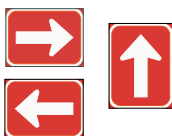
R.1.5
Stop / Go control



R2
Give Way



R3
No Entry



R4
One Way (Left,
right, straight on)



R6
Give Way to
Oncoming Traffic



R103
Keep Left



R104
Keep Right



R105
Proceed Left
Only



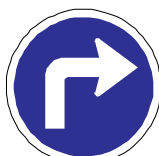
R106
Proceed Right
Only



R107
Proceed
Straight Only



R108
Turn Left Ahead



R109
Turn Right Ahead



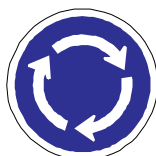
R110
Pedestrians Only



R111
Cyclists Only



R121
Buses Only



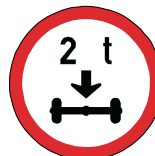
R137
Roundabout



R201
Speed Limit



R202
Mass Limit



R203
Axle Load Limit

Regulatory Signs (continued)



R204
Height Limit



R205
Length Limit



R206
No Excessive
Noise



R209
No Left Turn
Ahead



R210
No Right Turn
Ahead



R211
No Left Turn



R212
No Right Turn



R213
No U-turn



R214
No Overtaking



R216
No Parking



R217
No Stopping



R218
No Pedestrians



R219
No Cyclists



R220
No Cyclists and
Pedestrians



R222
No Motorcycles



R223
No Motor Cars



R224
No Taxis



R225
No Minibuses



R227
No Buses



R229
No Goods
Vehicles

Regulatory Signs (continued)



R239
Width Limit



R242
No Motor
Vehicles



R245
Bogie Weight
Limit



R214-600
End of Restriction
(EXAMPLE)



R301
Area Reserved
for Buses



R301-P
Bus Parking
Area



R302
Bus Lane



R303
Start of Bus
Lane



R304
Bicycle Lane



R305-P
Parking



R306-P
Limited Duration
Parking



R308-P
Car Park



R309
Parking Area
for Taxis



R310
Area Reserved
for Daladals



R310-P
Parking Area
for Daladals



R323-P
Disabled Persons
Vehicle Parking



R325
Bus Stop



R360
Pedestrian (zebra)
Crossing

Secondary Message Signs for use with Regulatory Signs



(R)501
One Time



(R)520
Reserved
Movement by
Vehicle Class



(R)535
Distance over
which the limit
applies



(R)560
Bus (message on
primary sign applies
to buses only)



(R)503
Two Time
Periods

Warning Signs



W102
Crossroads on
Priority Road



W104
T-junction



W105
Skew T-junction
(Right)



W106
Skew T-junction
(Left)



W107
Side Road
Junction (Left)



W108
Side Road
Junction (Right)



W109
Staggered
Junctions (Right-
Left)



W110
Staggered
Junctions (Left-
Right)



W111
Sharp Junction
(Half Left)



W112
Sharp Junction
(Left)



W113
Sharp Junction
(Half Right)



W114
Sharp Junction
(Right)



W115
Y-junction



W116
End of Dual
Roadway (To
Right)



W117
End of Dual
Roadway (Straight
On)



W118
Start of Dual
Roadway (Straight
On)



W119
Start of Dual
Roadway (To Left)



W201
Roundabout



W202
Gentle Curve
(Right)



W203
Gentle Curve
(Left)

Warning Signs (continued)



W204
Sharp Curve
(Right)



W205
Sharp Curve
(Left)



W206
Hairpin Bend
(Right)



W207
Hairpin Bend
(Left)



W208
Winding Road
(Right - Left)



W209
Winding Road
(Left - Right)



W210
Combined Curves
(Right - Left)



W211
Combined Curves
(Left - Right)



W212
Two-Way Traffic



W213
Two-Way Traffic
Crossroads



W301
Traffic Signals
Ahead



W302
Traffic Control
"Stop" Ahead



W303
Traffic Control
"Give Way"
Ahead



W306
Pedestrian
Crossing



W307
Pedestrians



W308
Children



W309
Cyclists



W310
Domestic Animals



W313
Wild Animals



W318
Railway Crossing

Warning Signs (continued)



W319
Tunnel



W320
Height Restricted



W321
Length Restricted



W322
Steep Descent



W323
Steep Ascent



W326
Narrow Bridge



W327
One Vehicle
Width Structure



W328
Road Narrows
Both Sides



W329
Road Narrows
From Right Side



W330
Road Narrows
From Left Side



W331
Uneven Roadway



W332
Road Humps



W333
Slippery Road



W334
Falling Rocks
(From Right)



W335
Falling Rocks
(From Left)



TW336
Roadworks



TW338
Loose Stones



W339
General Warning



TW340
Edge Drop



TW343
"Stop/Go" Control
Ahead

Warning Signs (continued)



W348
Jetty Edge or
River Bank



W349
Crosswinds



W350
Drift



W351
Low-Flying Aircraft



W352
Agricultural
Vehicles



TW353
Road Crash



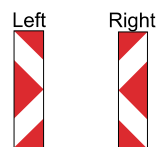
W355
Traffic Queue



W360
Width Restriction



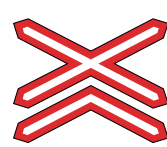
W365
Opening Bridge



W401 - W402
Danger Plate (used
as roadside marker or
mounted on an
obstruction)



W403
Railway Crossing



W404
Railway Crossing
(more than one
track)



W405
Sharp Curve to
the Right (W406
- to the Left)



W407
Sharp Curve to the
Right (W408 - to the
Left)



W409
Turn Left or Right (used at T-junctions)



W410
Road Closed



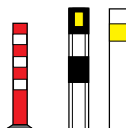
TW411
Do Not Enter (used
at roadworks)



W413
Pass Either Side



W415
Overhead
Danger Plate



D3
Delineators (used
to mark the edge of
the road or traffic
island)



TD4
Traffic Cones and
Drums (used at
roadworks)

Information Signs



IN4 No Through Road



IN5 No Through Road



IN6 No Through Road



IN12 Information Centre



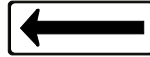
IN16 Bus Stop Ahead



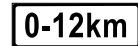
IN20 Oncoming vehicles are required to give way to you



IN11 Message on main sign applies to this class of vehicle (example)



IN11 Message on main sign applies to this direction (example)



IN11 Supplementary message (examples)

Guidance Signs



GD1 Direction Sign (in advance of a junction)



GD1 Direction Sign (in advance of a junction) with one cross street name



GD8 Direction Sign (in advance of a roundabout)



GD2 Direction Sign (at a junction)



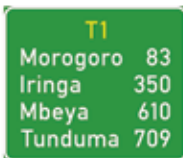
GD2 Direction Sign (at a junction) with Tourist Destination Panel



GD4 Fingerboard



GF3 Final Turn Sign - Tourist Destination



GD3 Confirmation Sign (after a junction)



GDL2 Direction Sign (at a junction) - Local Roads



Hospital



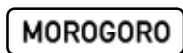
First Aid



Police

GFS Services & Attractions (examples)

Guidance Signs (continued)



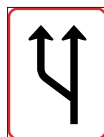
GL3
Town Name



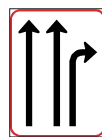
GL4
River Name



GS101
Left-hand
lane ends

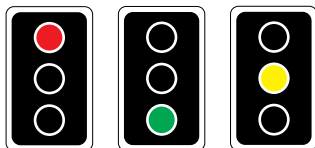


GS205
Lane added
on left-hand
side

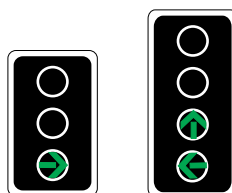


GS805
Lane pre-
selection
sign
(example)

Traffic Signals



S1 - Standard signals
Red means "you MUST stop"; green means "you may proceed straight ahead, or turn left or right if your way is clear"; yellow means "you MUST stop, unless you are so close to the stop line that you cannot stop safely."



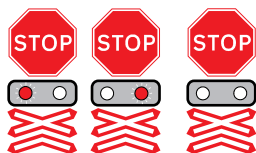
S2-S7
Green arrow means "you may proceed only in the direction indicated by the arrow."



S1H
When signals are mounted overhead they can be arranged horizontally



S11 - Pedestrian Signals
Red means "do not cross"; green means "cross with care"; flashing green man means "do not start to cross."



FRD - Rail Crossing Signals
Flashing red signals means "you MUST stop."

Road Markings

Regulatory markings (you MUST obey these markings)



RTM1
Stop Line



RTM2
Give Way Line



RTM4
Zebra Crossing
(give way to
pedestrians)



RM1
No Overtaking



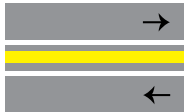
RM2
No Overtaking or
Crossing



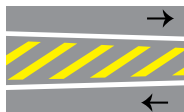
RM3
Channelizing Line
(No Crossing)



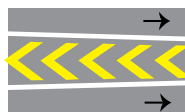
RM4.1
Left Edge Line
On one way roads
the right edge line is
white (RM4.2)



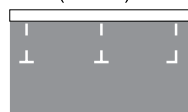
RM5.1
Channelizing island
(do not drive over the
marking except in an
emergency)



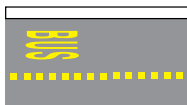
RM5.2
Channelizing island
(do not drive over the
marking except in an
emergency)



RM5.3
Channelizing island
(do not drive over the
marking except in an
emergency)



RM6
Parking Bays



RM9.1
Bus Lane



RM10
Box Junction (do not
enter the box unless
your exit is clear)



RM11 Zig Zag Zone
Line on approach to
zebra crossing (do
not stop except to
allow pedestrians to
cross)



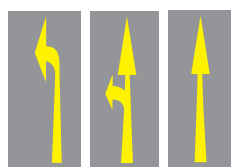
RM13
No Parking Line
(no parking at any
time)



RM13
No Parking Line
(selective times, as
shown on upright
sign)



RM15
Roundabout marking
(give way to traffic
from the right)



RM8 Mandatory Direction
Arrows (examples) (you
must proceed in the direction
of the arrow)

Road Markings (continued)

Warning markings



WM1
Railway Crossing
Ahead



WM2
Continuity Line -
between through
lanes and other lanes
at junctions, laybys



WM3
Dividing Line -
between traffic
moving in opposite
directions



WM5
Give Way Control
Ahead



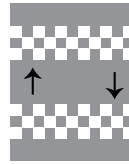
WM6
Lane
Reduction
Arrow
(example)



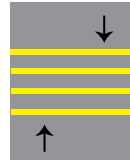
WM7
Lane Direction Arrows
(examples)



WM8.1
No
Overtaking
Line Ahead



WM10
Speed Hump



WM12
Rumble Strip
(slow down)



WM11.1
End of Bus
Lane

Guidance markings



GM1
Lane Line



GM2.1
Turning Guide Line



GM2.2
Pedestrian Guide
Line



GM3
Bifurcation Arrow
(example)



GM6.1
Cycle Facility



GM7
Word Marking
(example)



GM8
Kerfacing
Marking



GM9
Speed Limit
Marking
(example)

