

# DRIVING TIPS

## TO AVOID DRUNK DRIVING



### Plan ahead

If you know you will be drinking, plan out beforehand how you will be getting back from the destination.



### Use Uber/Bolt

Rather use an online car-sharing service to get to and from the destination if you think you might drink.



### Have a designated driver

Have a rotating non-drinking designated driver within your group of friends for every outing.



### Use public transportation

Buses, taxis and trains are great alternatives to driving.



### Have a friend or family member pick you up

Get someone to drop you off and/or pick you up. If the occasion is running late, ask someone sober to take you home or sleep at their place.

## IGNORE THE TIPS, PAY THE FINE DRIVING UNDER THE INFLUENCE VIOLATIONS

Reckless driving  
Inconsiderate driving  
Driving under the influence

#### Blood alcohol level for:

Ordinary motorist not less than 0,05 g per 100 ml  
PrDP driver not less than 0,02 g per 100 ml

#### Breath alcohol level for:

Ordinary motorist not less than 0,24 mg per 1 000 ml  
PrDP driver not less than 0,10 mg per 1 000 ml  
Smoked before blood/breath specimen was taken  
Refusing to give blood or breath sample

FINE	POINTS
Court	6
R250	0
Court	6
Court	6
Court	6
Court	6
Court	6
Court	6
R1250	4
R1500	5

# DRIVING TIPS

## TO AVOID TEXTING & DRIVING



### Put your phone on silent

It's not easy to be tempted by what you don't hear. Turn your phone's volume and vibration off completely while driving.



### Keep your phone out of sight and reach

Put your phone where you can't reach it - in your purse, on the back seat or in the boot.



### If it is important, pull over

If you urgently need to send a message or answer your phone, take a few extra minutes to pull safely off the road and then use your phone.



### Ask the passenger to watch your phone

The passenger can keep an eye on your phone notifications and handle any calls.

## IGNORE THE TIPS, PAY THE FINE MISCELLANEOUS

Driving while using hand-held cell-phone

FINE

R500

POINTS

1

# DRIVING TIPS

## TO AVOID DRIVER FATIGUE



### Get enough sleep

Avoid driving during your circadian cycle, the time in which you are usually asleep, as your body is naturally drowsy.



### Maintain a healthy diet

Skipping meals or eating at irregular times may lead to fatigue. Sleeping on an empty stomach or immediately after a heavy meal can interfere with sleep. A light snack before bed may help you achieve more restful sleep.



### Do not rely on alertness tricks to keep you awake

Smoking, turning up the radio, drinking coffee, opening the window, and other "alertness tricks" are not real cures for drowsiness and may give you a false sense of security.



### Recognize the signs of drowsiness

Indicators of drowsiness include frequent yawning, heavy eyes, and blurred vision.



### Avoid medication that may induce drowsiness

Most drowsiness-inducing medications include a warning label. The most common medicines that may make you drowsy are tranquilizers, sleeping pills, allergy medicines and cold medicines.



### Take a nap

If possible, you should take a nap when feeling drowsy. Naps should last a minimum of 10 minutes and last up to 45 minutes. To fully recover, allow at least 15 minutes after waking up before returning to drive.

## IGNORE THE TIPS, SUFFER THE CONSEQUENCE DRIVER FATIGUE STATISTICS

Driver fatigue is a factor in 10-20% of accidents worldwide.  
41% of truck accidents in South Africa are fatigue-related.  
Accident risk increases by 8.3% when a driver is fatigued.  
Accidents increase by 9.1% for every kilometre driven between midnight and 3 AM.

# DRIVING TIPS

## TO AVOID SPEEDING



### Give yourself time

Leave early and give yourself plenty of time to reach your destination.



### Watch your speedometer

It's easier than not to speed without realizing that you are speeding. Therefore, it's important to pay attention to your speedometer.



### Use cruise control

If your car offers a cruise control option, then use it. In doing so, you can set and control how fast you travel, all the while maintaining a safe and legal speed.



### Drive way below the speed limit

Try driving slower than the speed limit. If you make it your mission to drive at least five kilometres slower than the speed limit, you may find yourself not speeding at all.



### Think about the ticket

If you get caught speeding, you will most likely have to go to court and/or pay an expensive fine. Therefore, before you make the conscious decision to speed, consider how expensive and damaging a speeding ticket can be.

## IGNORE THE TIPS, PAY THE FINE SPEEDING VIOLATIONS

Exceeding the speed limit by:

11 km/h to 15 km/h  
16 km/h to 20 km/h  
21 km/h to 25 km/h  
26 km/h to 30 km/h  
31 km/h to 35 km/h  
36 km/h to 40 km/h  
Above 40 km/h

FINE	POINTS
R250	0
R500	1
R750	2
R1000	3
R1250	4
R1500	5
Court	6

# DRIVING TIPS

T O S A V E F U E L



## Service your vehicle regularly

Not servicing your vehicle regularly increases fuel consumption significantly. Make sure that you stick to your vehicle's service schedule.



## Plan ahead

Do several tasks in one trip, as opposed to many short trips. This not only limits your mileage and saves you time but also reduces monthly fuel costs.



## Be patient in traffic

Battling through traffic not only increases fuel consumption but also wear and tear on your vehicle's transmission and brakes. Maintain momentum as much as possible by flowing with traffic and timing your approaches to hills and traffic lights.



## Deadweight

Reduce the vehicle's weight by removing unnecessary items from it. If you drive in the city, consider driving with only half a tank of fuel.



## Aircon use

Use the air conditioner only when necessary as it places an additional load on the engine.

## IGNORE THE TIPS, SUFFER THE CONSEQUENCE FUEL CONSUMPTION STATISTICS

Servicing your vehicle regularly or sticking to your servicing schedule increase can decrease fuel consumption by 30%.

Harsh braking/acceleration can increase fuel consumption by as much as 40%-50%.

Under-inflated tyres can increase fuel consumption by 6%.

Your vehicle's air conditioner can increase fuel consumption by 10%.

A poorly tuned engine can use up to 50% more fuel and produces up to 50% more emissions than one that is running properly.

# DRIVING TIPS

TO KEEP YOUR VEHICLE FIT



## Avoid driving over potholes

Take roads with smoother surfaces. Potholes can damage your suspension, exhaust and may even deflate your tyres.



## Don't shift down gears to reduce speed

Use your brakes to reduce speed. Using your gears to reduce speed can damage your drivetrain, clutch and transmission.



## Do routine checks on your vehicle

Conduct inspections on your vehicle every second week. Check fuel, oil, tyres, wiper blades, coolant, electrics, screen wash, engine air filter, spark plugs, brakes, air conditioning etc.



## Avoid resting your foot on the clutch and your hand on the gearstick

Resting your foot on the clutch pedal results in the clutch wearing out prematurely. Likewise, resting your hand on the gearstick results in the gearbox wearing out prematurely.

## IGNORE THE TIPS, PAY THE FINE UNFIT VEHICLE VIOLATIONS

No emergency/parking brake on non-RWC vehicle/RWC vehicle  
 Parking brake inadequate on non-RWC vehicle/RWC vehicle  
 No airbrake warning device  
 Steering gear unsafe/too much free play  
 Horn not working properly  
 No windscreen wiper  
 Excessive exhaust smoke  
 Oil dripping onto exhaust  
 Worn, damaged or illegal tyres (per tyre)  
 Defective/missing seat belt  
 Defective/no speedometer  
 Defective/no wheel flaps  
 No rear underrun bumper  
 Illegal axle on semi-trailer  
 Rear or stop lamp not working on non-RWC vehicle/RWC vehicle  
 No chevron or incorrectly fitted  
 Chevron not SABS approved type

FINE	POINTS
R750	2
R500	1
R750	2
R 750	2
R250	0
R250	0
R250	0
R250	0
R250	0
R250-R500	0-1
R250-R500	0-1
R250	0
R500	1
R500	1
R250-R750	0-2
R500	1
R500	1

