

# ROAD SAFETY AWARENESS 1/4



## Speed

- The speed limit is a limit not a target.
- In some road conditions including fog, rain and traffic flow, driving or riding at the speed limit could be too fast.
- The national Speed limit on single carriage roads is 60 mph. However, the average free flow speed is 48 mph on these roads.

## Country roads

- Read the road ahead, anticipate potential hazards and brake before the bend not into it.
- Look out for hidden dips, upcoming bends blind summits and concealed entrances. Always drive at a speed which will allow you to stop in a distance you can see to be clear.

## Fatigue

- Remember the risks if you have to get up unusually early to start a long drive. Try to avoid a long trip between midnight and six am when you are likely to feel sleepy.
- If you start to feel sleepy, find a safe place to stop (not the hard shoulder of a motorway). Drink two cups of coffee or a high-caffeine drink and have a rest for 10 to 15 minutes to allow time for the caffeine to kick in.
- Plan your journey to include a 15 minute break every 2 to 3 hours.

## Mobile phones

- Put your phone away before starting a journey, this way you won't be tempted to use it.
- Don't contact someones mobile if you know they are driving or riding.
- Make a pledge to not use your phone whilst driving or riding via RAC's be phone smart.

## Drink driving

- If you had too much to drink last night, you could be over the limit in the morning and you are not in a legal state to drive one of our vehicles. It is not acceptable to come in to drive when you are over the limit.
- If you are planning to drink alcohol, plan how to get home without driving. Agree a designated driver, save a taxi number in your phone, or find out about public transport routes and times.
- Remember being only down the road is not an excuse to drive or ride under the influence of alcohol. A large proportion of all drink driving crashes occur within three miles of the start of the journey.

## Drug driving

- Driving under the influence of drugs is extremely dangerous and negatively affects your abilities. Your perception of time and distance is distorted, resulting in poor concentration and control of the vehicle.
- A sense of overconfidence can develop which can result in high risk behaviour, including speeding and aggressive manoeuvres.
- Once the affects of a drug has worn off the user still may feel fatigue, affecting concentration levels and driving or riding abilities.

Policy Name: Road Safety Awareness  
Revision Date: 13th July 2020 Revision Number: 1.0

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# ROAD SAFETY AWARENESS 2/4



## Speeding

When driving, a few miles per hour can mean the difference between life and death. The faster someone drives, the less time they have to stop if something unexpected happens.

If you kill someone while speeding, you will have to live with the long-term emotional consequences.

## Speed limits are there for a reason.

### The facts

- Speed is one of the main factors in fatal road accidents.
- Fatal accidents are 4 times as likely on rural 'A' roads as urban 'A' roads.
- 3,121 people were killed or seriously injured in accidents where 'exceeding the speed limit' or 'travelling too fast for the conditions' was recorded as a contributory factor by the police.

### The law

- You must not drive faster than the speed limit for the type of road and your type of vehicle.
- The speed limit is the absolute maximum and it doesn't mean it's safe to drive at this speed in all conditions.

## Mobile Phones

### The facts

- Drivers using a hands-free or handheld mobile phone are slower at recognising and reacting to hazards.

### Research shows:

- You are 4 times more likely to be in a crash if you use your phone.
- Your reaction times are 2 times slower if you text and drive than if you drink drive, and this increases to 3 times if you use a handheld phone.
- Even careful drivers can be distracted by a call or text – and a split-second lapse in concentration could result in a crash. At 30 mph a car travels 100 feet in 2.3 seconds.

### The law

- It's illegal to use a handheld mobile when driving – including using your phone to follow a map, read a text or check social media.
- It is also illegal to use a handheld phone or similar device when supervising a learner driver.
- These both apply even if you're stopped at traffic lights or queuing in traffic.
- You can only use a handheld phone if you are safely parked, or need to call 999 or 112 in an emergency and it's unsafe or impractical to stop.
- If you're caught using a handheld phone while driving, you'll get 6 penalty points on your licence and a fine of £200.
- If you get just 6 points in the first 2 years after passing your test, you will lose your licence.
- Using a hands-free device (for example, for navigation) is not illegal. However, if this distracts you and affects your ability to drive safely, you can still be prosecuted by the police.
- Always wear a seat belt, and wear it correctly so it can offer you the best protection in a crash. You are twice as likely to die in a car crash if you do not. Even on short journeys, familiar journeys and at low speeds, not wearing a seat belt can be fatal.
- Put your phone away before driving so you won't be tempted to use it – make the glove compartment the phone compartment. Pull over if you need to
- Adjust a hands free device or check your map.
- Driving too close to the car in front, undertaking and failing to signal are widely accepted as examples of bad driving. However, driving too fast is also poor
- Driving. It is a contributory factor in hundreds of deaths and thousands of injuries every year. Consider the emotional consequences of injuries and
- Deaths caused to others due to driving at excessive speeds and crashing. If you cause a crash you will have to live with these consequences.

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# ROAD SAFETY AWARENESS 3/4



## Look out for vulnerable road users:

- Look out for cyclists, motorcyclists and horse riders. make eye contact where possible to show you have seen them. use your indicators to signal intention and look out for their signals.
- Give cyclists, motorcyclists and horse riders plenty of space when overtaking them. Don't accelerate rapidly, sound your horn or rev your engine when passing horses and watch out for sudden movements by the horse.
- Always check for cyclists and motorcyclists when opening your car door, pulling out at a junction, or when doing a manoeuvre.
- Advanced stop lines at lights allow vulnerable road users to get to the front and increase their visibility. You must stop at the first white line reached if the lights amber or red. When the green signal shows allow the other road user time and space to move off.

**Spotted Bee Emergency Number : 0161 327 1234**

## Vehicle Safety, Security & Equipment Policy

### 1. General Principle

PAINT Ltd (trading as Spotted Bee) are committed to ensuring that both our company fleet and those vehicles owned and operated by our employees, contractors or agents is as safe as possible. This policy is to ensure that vehicle safety equipment requirements are documented and managed in a consistent way in order to improve our WRRR (work related road risk) safety record. Ensuring the most appropriate safety equipment is fitted to all vehicles is the joint responsibility of senior management, operations, drivers and owners of vehicles used to render services to PAINT Ltd (trading as Spotted Bee).

The driver of each vehicle plays a key role in providing feedback to ensure the most appropriate equipment is fitted and that any defects are reported as soon as they occur.

### 2. Who is covered by this policy

This policy applies to all staff, contractors, agents or persons rendering services to PAINT Ltd (trading as Spotted Bee) responsible for any aspect of the procurement, fitment, maintenance and use of a vehicle and its safety equipment.

### 3. Our Responsibilities

PAINT Ltd (trading as Spotted Bee) will endeavour to ensure that any person whom utilises a road vehicle in any context in the rendering of services to PAINT Ltd (trading as Spotted Bee) shall:

- Hold and continue to hold a valid driving license covering as a minimum the class of vehicle being used, where applicable this shall be verified via periodical checks (of no more than 6 months) of the drivers licence status using the online check service provided by the DVLA in the UK.
- Has no greater amount than 6 (six) penalty points displayed on their driving licence.
- Is trained in the use of any safety or additional equipment fitted to the vehicle prior to first using the vehicle.
- Understands the process for checking the vehicle safety equipment.
- Understands the process of the daily vehicle walk round check
- Understands the process for reporting any defects to the vehicle or its equipment.

We shall also ensure that any vehicle owned by PAINT Ltd (trading as Spotted Bee) and issued to any party for the purposes or the providing of a service to PAINT Ltd (trading as Spotted Bee) in any context shall if not fitted to the vehicle as standard equipment by the manufacturer contain as a minimum the following safety equipment:

- 5KG fire extinguisher
- First Aid Kit
- Safety/Warning Triangle
- High Visibility Jacket
- Emergency Torch/Light

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# ROAD SAFETY AWARENESS 4/4



## 4.. Your Responsibilities

As a person using a road vehicle in which services are rendered to One Motion, regardless of vehicle ownership you understand your responsibility to ensure the vehicle is fitted with as a minimum the following safety equipment:

- 5KG fire extinguisher
- First Aid Kit
- Safety/Warning Triangle
- High Visibility Jacket
- Emergency Torch/Light

In the event the vehicle does not contain any of this equipment or you are aware of a defect with the equipment you understand this must be reported to the vehicles owner/Operator (Rob Galkoff) immediately and any missing or defective equipment must be replaced within 48 hours of the report of the defect or missing equipment.

## 5. Vehicle Security

The security of any vehicle used to render a service to PAINT Ltd (trading as Spotted Bee) and the vehicles contents are paramount and you therefore understand that there is a requirement to at all times ensure the vehicle is locked when unattended and that a security key chain or similar key retaining device must be used at all times whilst services are rendered. You also understand and agree that although vehicle security is paramount this should not come before the safety and security of any driver, user, or passenger of the vehicle nor any member of the public.

***Together, we all share the responsibility of our personal safety, the safety of our colleagues, the safety of our vehicles, the safety of other road users, the safety of pedestrians and the safety of our customers and their families.***

***We have no excuse.***

***There are NO short-cuts.***

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