



Getting to Work and Returning Home Safely

Seven Steps For Safe Commute





Commuting safety is important because...

- It affects the well-being and lives of individuals.
- It can help prevent accidents, injuries, and even fatalities on the roads.
- It can help improve road safety awareness, practices and enhance knowledge as well as skills on defensive driving.
- Contribute to reduction of traffic congestion and improving overall transportation efficiency.

Commuting – traveling between one's home and place of work on a regular basis; using car, motorcycle, public transportation, or other mode of transportation.

Seven Steps for Safe Commute



- A guide to help commuters get to their work place and returning home safely.
- To improve the commuters road safety awareness, knowledge and practices.
- To prevent untoward incidents, injury or harm while commuting between home and the work place.
- Outlines the necessary preparation, process, practices, behaviour and actions prior to starting a journey.

Step 1 Safe Commute | PLAN YOUR JOURNEY

- Determine the expected time of arrival at your work place
- Identify the route to be used for the journey
- Check the weather forecast for the day to prepare for any eventualities along the way.
- Ensure that you have sufficient travelling time between home and work.



Step 2

Safe Commute | JOURNEY PREPARATION

- Ensure that you have sufficient rest or sleep.
- Have a meal to provide your body with the necessary energy and focus.
- Never commute under the influence of alcohol, or medications that cause drowsiness or lack of focus.
- Ensure that your body and mind is fit to travel.



Step 2 Safe Commute | **JOURNEY PREPARATION**

- Keep your emotions under check and avoid over-reacting under challenging situations.
- When feeling unwell or uncomfortable, do not force yourself to travel.
- Don't day dream or be easily distracted during your journey.



Step 3 Safe Commute | **CHECK YOUR VEHICLE**

- Before starting your journey, check your vehicle to ensure it is in a good condition to travel.
- Examine your brakes, tyres, headlamps, brake lights and side mirrors, rear view mirror.
- For motorcycles, include checking your motorcycle chain and tread depth of tyres.
- Avoid over-modifying your motorcycle. (incompatible parts may affect the vehicle's safety).





Step 4 Safe Commute | Hazard Control Zone

- Be aware of any potential hazards or risks along your travelling route.
- Determine how to avoid or manage these hazards.
- Be extra cautious when passing through areas with dogs (for motorcycle) or animals that may get in your way.



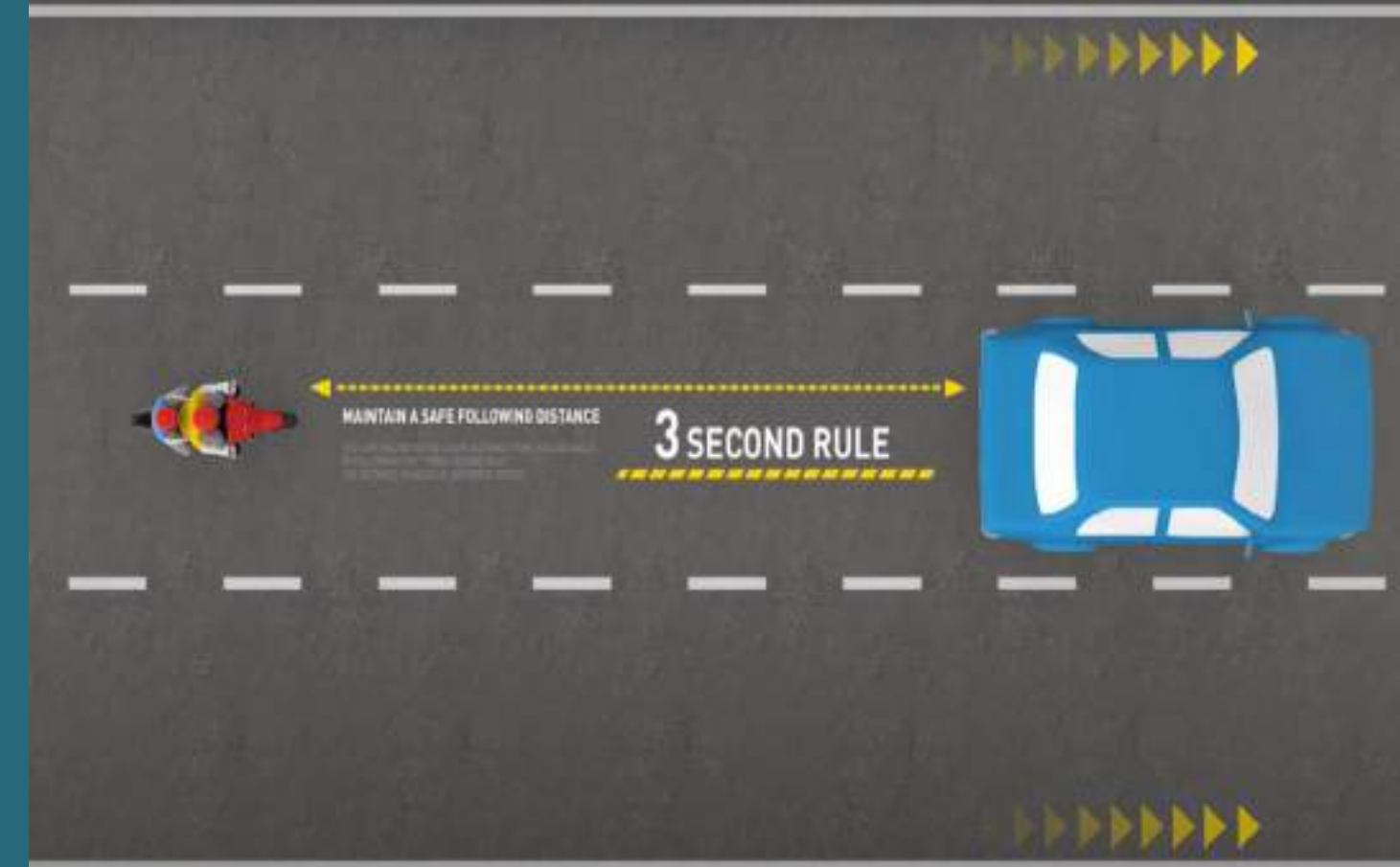


Step 4 Safe Commute | Hazard Control Zone

- Be cautious when travelling along a sharp bend, junction, steep slope, bump, dark streets, accident-prone areas, schools etc.
- When driving uphill or downhill – drive carefully and slowly; drive in low gear (for manual cars), do not overtake or U-turn.
- Be alert of the road conditions – potholes, landslide, damaged roads, slippery roads.

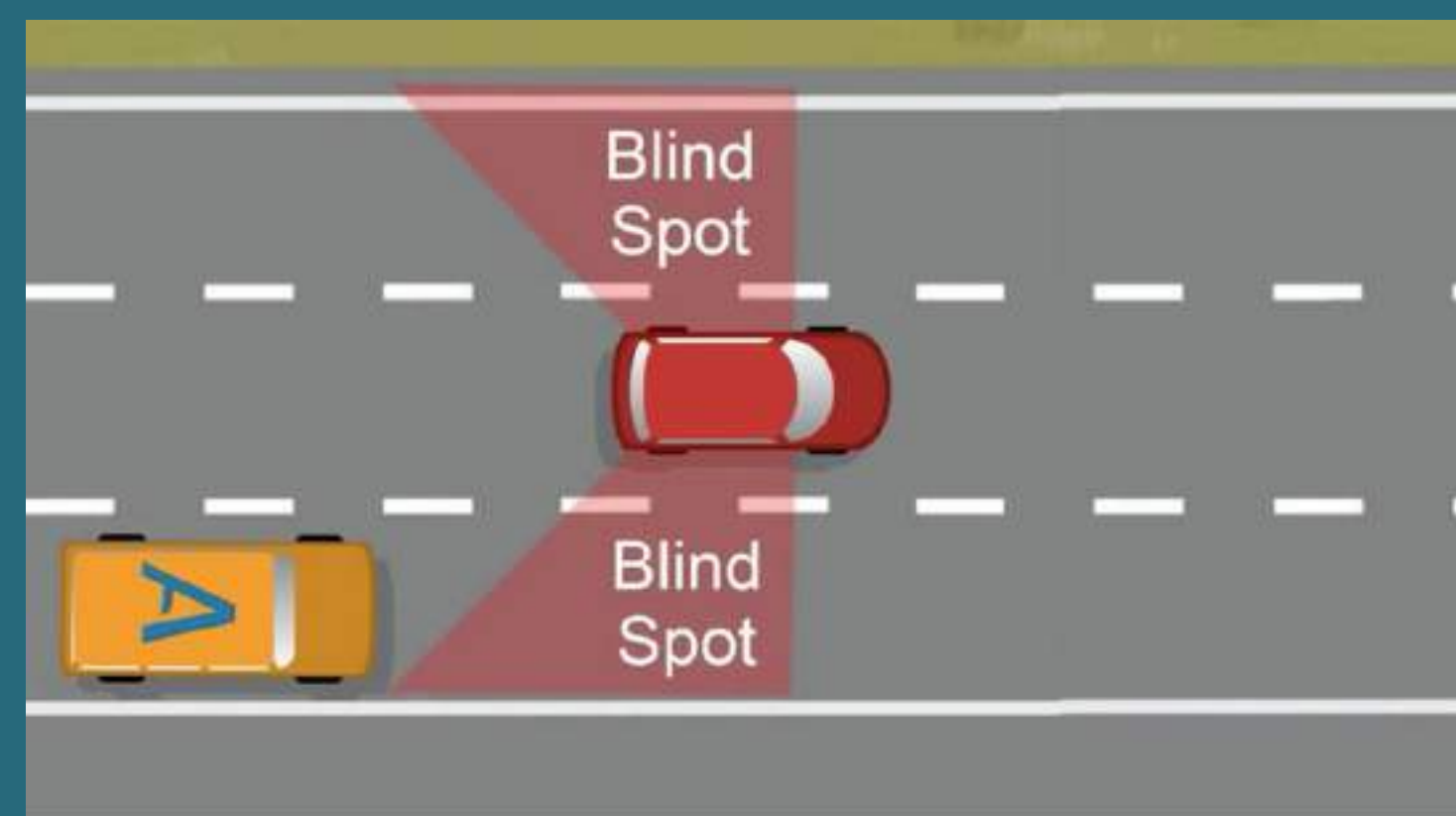
Step 4 Safe Commute | Hazard Control Zone

- Maintain a safe distance and speed between your vehicle and the vehicle ahead of you.
- When it rains, ensure that the distance between the vehicles is further apart and to drive at slower speed.
- Maintain a safe gap or distance between your vehicle and the vehicle next to you.
- Do not zig-zag in between vehicles.



Step 4 Safe Commute | Hazard Control Zone

- Be alert of blind spots at traffic lights or around your vehicle as you drive.
- Be cautious of oncoming cars or vehicles.
- When driving at night, avoid looking at the headlights of oncoming vehicles.
- Always check your side or rear mirror to identify any vehicles beside or behind you.
- Anticipate haphazard actions or behaviours of other road users.





Step 5 Safe Commute | Start Your Journey

- Fasten on your seat belt or safety helmet properly.
- Obey traffic rules. Observe the speed limit.
- Manage your speed according to the road conditions – traffic flow, potholes, slippery road, wet weather.
- Stop at a safe location if you are tired or sleepy or encountering poor weather (rain, flood, landslide).
- Do not eat or drink while driving or riding.
- Do not use your handphone or smoke while driving or riding.

Step 6 Safe Commute | Communicate

- Turn on your signal light when changing lanes, indicating your movement to other road users.
- Use of your side and rear mirror when turning a junction.
- When necessary, use your horn to alert other road users.



Step 7 Safe Commute | Emergency Preparedness

- Always be alert, prepared and cautious while commuting on the road.
- Control your emotions and be patient.
- Identify a safe exit route in case of any accidents or emergencies.
- For motorcyclists, wear noticeable clothing (reflective strip for night commuting) to ensure visibility by other road users. Wear a SIRIM-certified safety helmet.





Commute safely. Think of your loved ones.

THANK YOU