



ROAD
TRAVEL
REWARDS

Unit 2: The Fatal Five

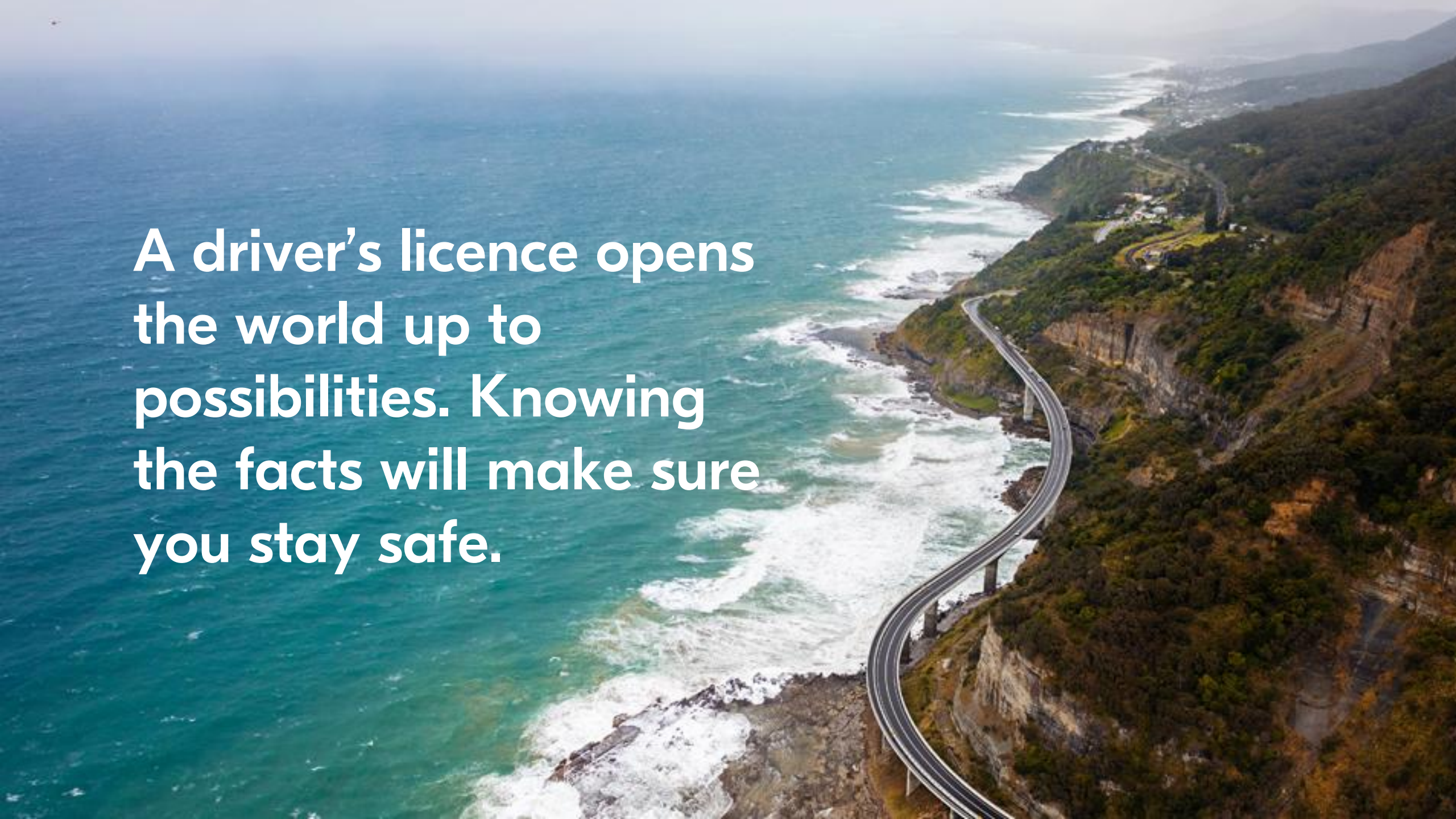
NRMA Young Driver Road Safety Program





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We acknowledge the land on which we gather, from places as widespread and diverse as the NRMA. In the presence of Elders past, present and future, we recognise all journeys and our mutual role in creating new paths together.

An aerial photograph of a winding coastal road on a cliffside. The road curves along the edge of a steep, forested cliff overlooking the ocean. The water is a vibrant blue-green, with white waves crashing against the rocky shore. The sky is a pale, hazy blue. The overall scene is scenic and dramatic.

**A driver's licence opens
the world up to
possibilities. Knowing
the facts will make sure
you stay safe.**

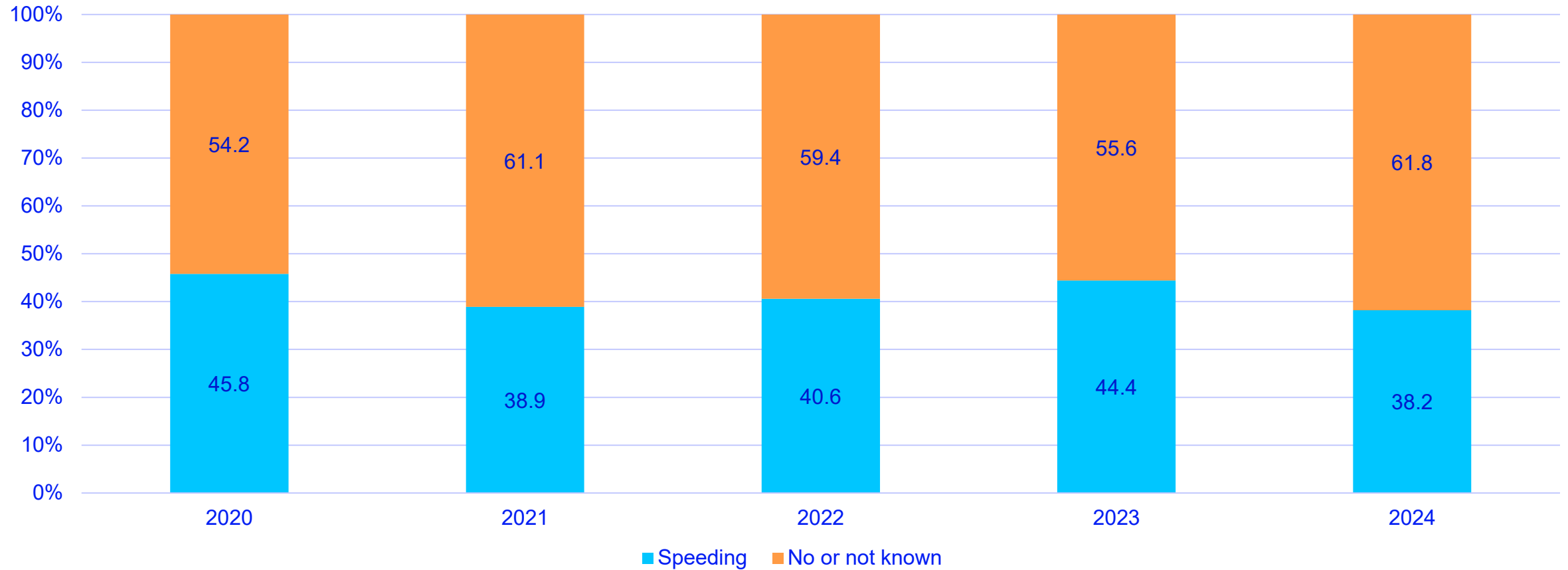
The five leading cause of death on the road:

- **Speeding**
- **Drink Driving**
- **Fatigue**
- **No Seatbelts**
- **Distraction**



**Speeding by 5km/h in the city
or 10km/h on rural roads,
doubles the risk of a crash.**

Number of Road users killed where speeding was a contributing factor. NSW 2020-2024



Speed and energy transfer in a crash

The severity of injuries is directly related to the pre-crash speed of the vehicle.





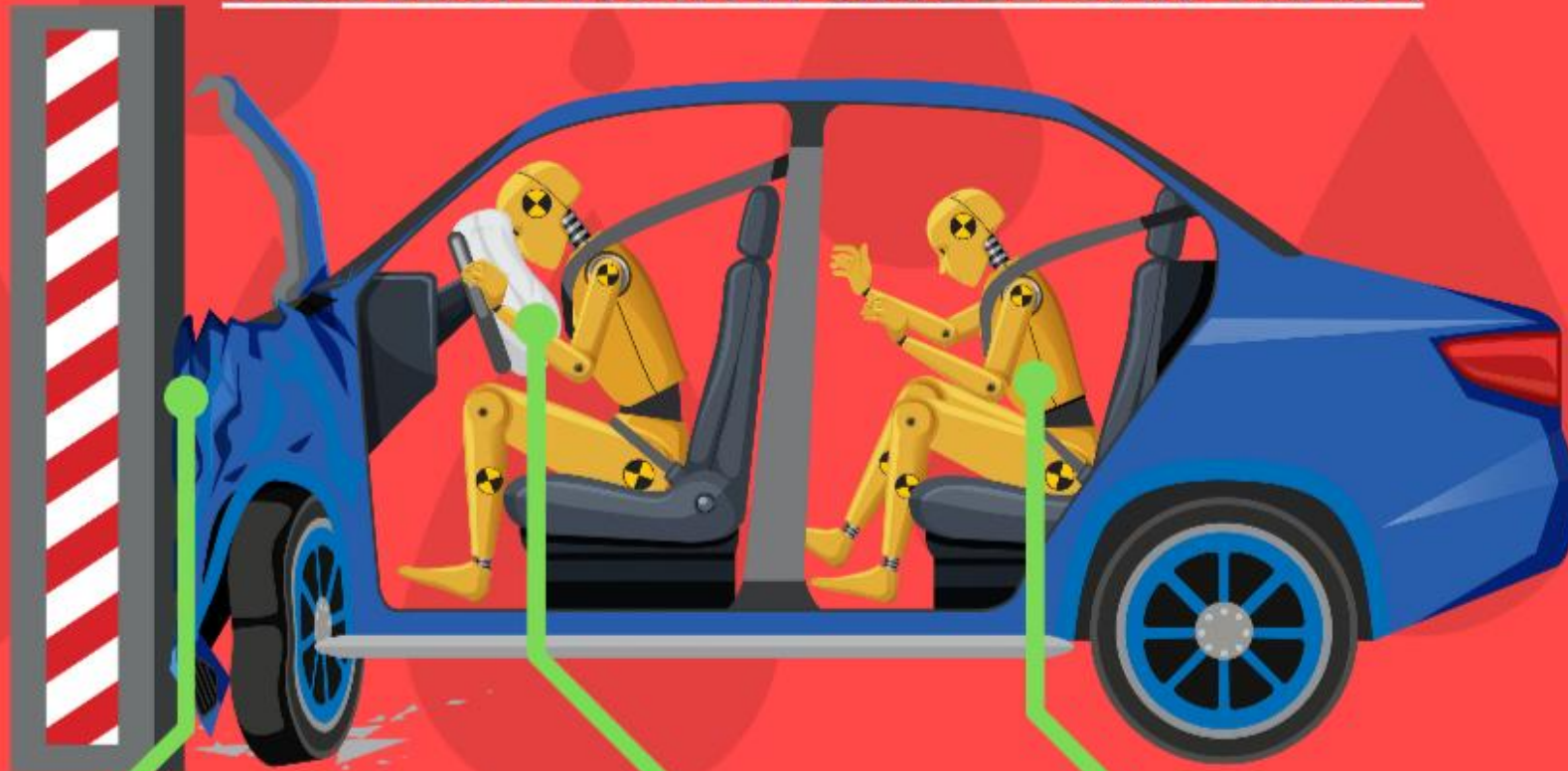
the_bloody_physiologist



www.thebloodyphysiologist.in

THE
BLOODY
PHYSIOLOGIST

3 COLLISIONS IN A SINGLE CAR CRASH

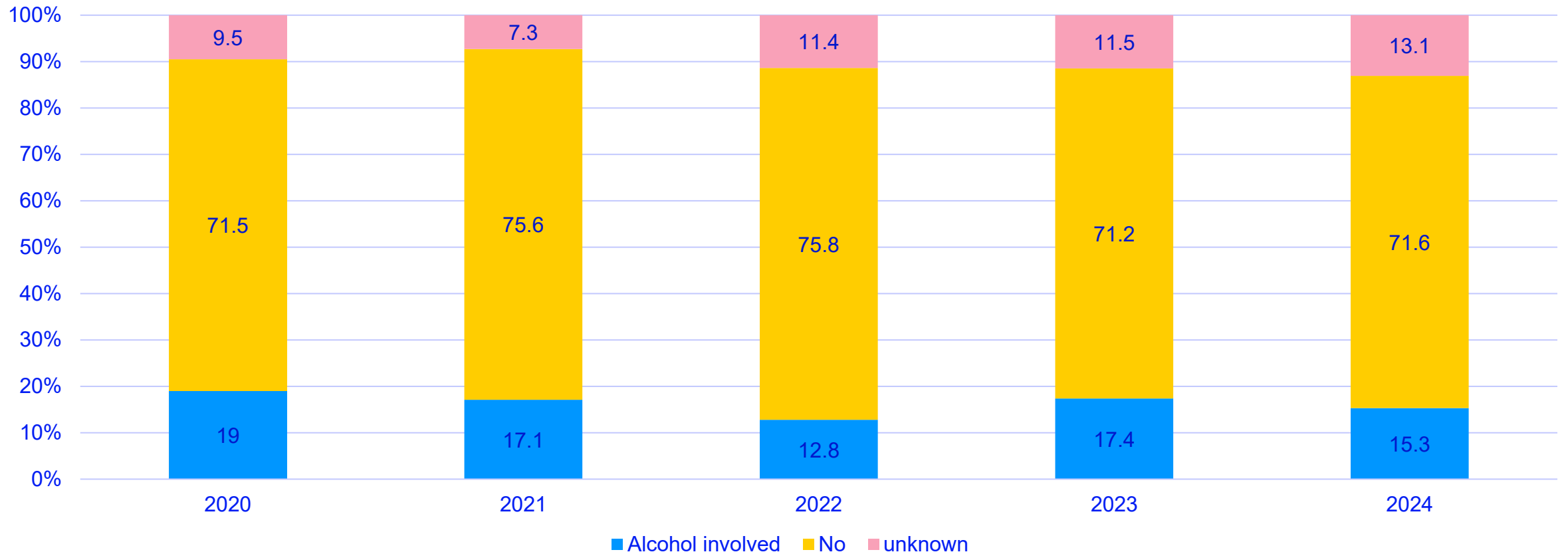


1. Metal on metal
Car colliding with stationary object

2. Body on metal
Occupant colliding with inside of the car

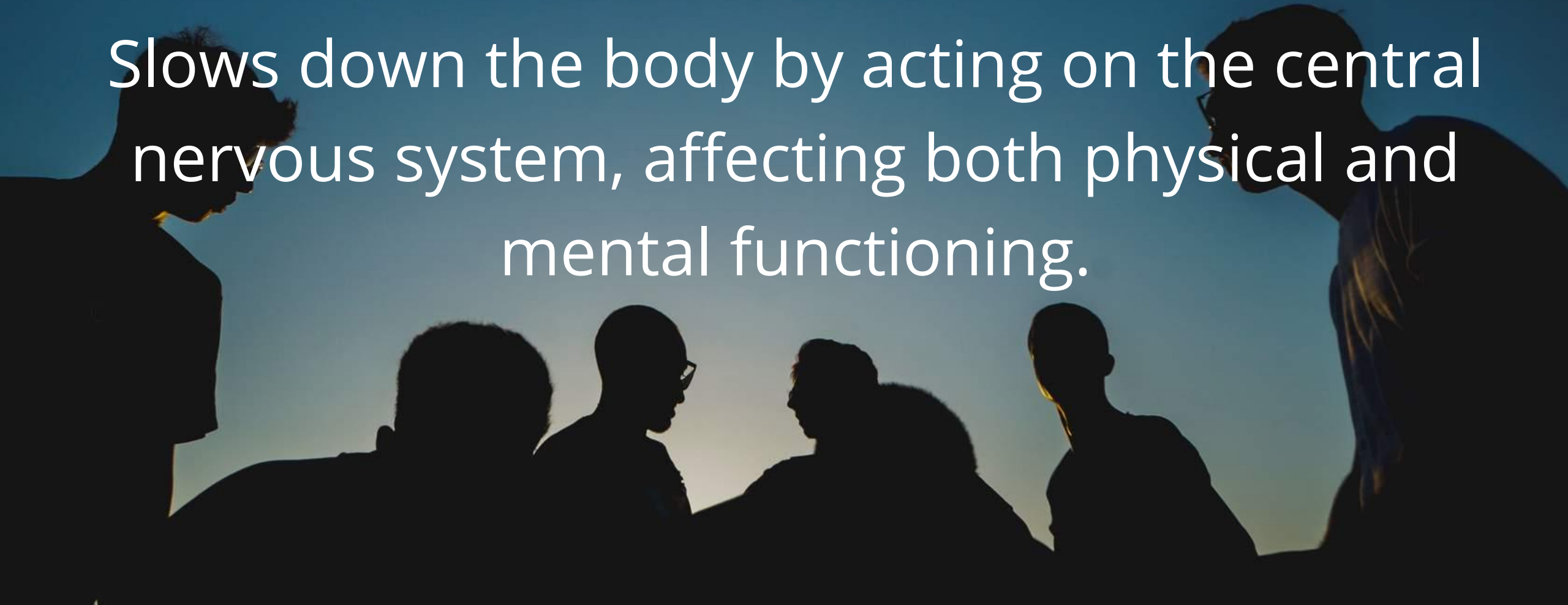
3. Body on body
Organs colliding with inside of the cavities

Number of Road users killed where alcohol was a contributing factor. NSW 2020-2024

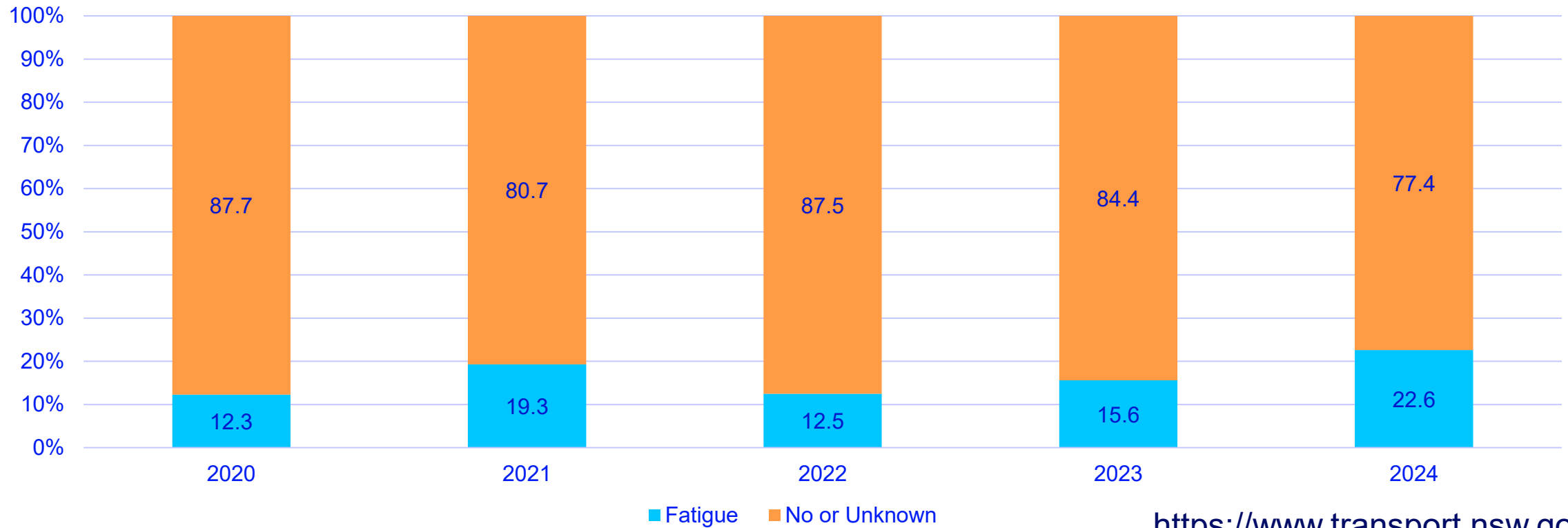


How does alcohol affect me?

Slows down the body by acting on the central nervous system, affecting both physical and mental functioning.



Number of Road users killed where fatigue was a contributing factor. NSW 2020-2024



Research shows tiredness is one of the leading causes of road crashes.
Injuries are usually very severe.

The facts about fatigue and sleep driving

Young drivers and riders are most at risk.



Warning signs

- Wandering in the lane
- Unplanned changes in speed
- Heavy eyelids
- Poor concentration
- Head nodding
- Microsleeps

Sleep is the only cure



**A seatbelt is the only
technology to stop you
being ejected from a
car in a crash.**

Crashed at 40km/h



Ref: NSW Centre for Road Safety

Seatbelts



Legal issues for the driver for unrestrained passengers

Correct fit – across collar and hip bones AND never across ribs

Driver Distraction

Mobile phone use makes you 4x more likely to be in a fatal crash and is likely to be underreported in stats

The facts about mobile phones as distractions

Physical

Visual

Cognitive (mental)



Top safety tips to fight the Fatal Five

A scenic landscape at sunset or sunrise. The sky is filled with soft, golden light and scattered clouds. In the foreground, there are silhouettes of trees and a power line tower. A large blue curved shape covers the bottom half of the image, containing white text.

Speeding

Top tips for staying safe

1. Keep checking your speedometer and speed signs
2. Reduce speed in poor conditions
3. Leave at least a 3 second gap in front



Alcohol

1. Plan ahead: have a safe way to get home
2. Use public transport or call a ride share
3. Don't walk home went drunk



Fatigue

1. Don't drive if you are tired
2. Take breaks every 2 hours and share the driving
3. Be alert to the warning signs of fatigue and take action - **SLEEP**

Seatbelts and Mobile Phones



Key learnings

The fatal five

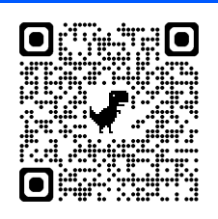
1. Speeding
2. Drink driving
3. Driving and fatigue
4. Seatbelts
5. Mobile phones and distractions

- Car crashes are not *accidents*. They happen as a result of poor judgement made behind the wheel. They are all preventable.
- Stay aware of the risks arising from the fatal five.
- Apply the simple but effective safety tips to reduce crashes on the road.



NRMA support services

- ✓ Driving Lessons
- ✓ Safer Drivers Course
- ✓ Free2Go membership
for 16-20 year olds

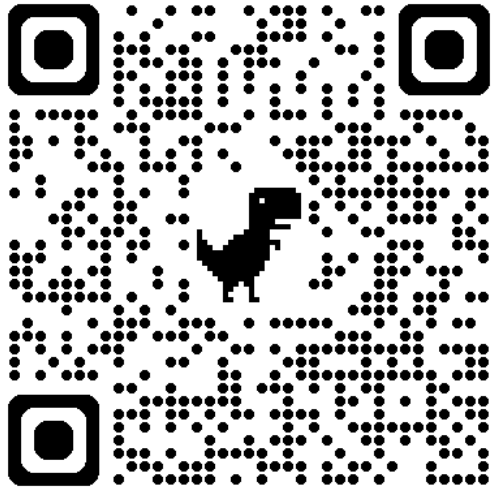


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Next up: Unit 3 – Learning to Drive