

HOLIDAY TRAVELLERS REMINDED TO TAKE CARE ON THE ROADS



Are you travelling to or from your favourite holiday spot this January? If so, Dubbo Regional Council would like to remind you to drive responsibly over this busy period when so many other drivers are also on the roads during this holiday time.

Dubbo Regional Council Road Safety Officer Jayne Bleechmore said that holiday travellers should not rush to their destination but drive at or below the speed limit according to conditions.

“Speeding increases your chance of having a crash, and increases the risk of serious injury or death if you do crash,” Ms Bleechmore said.

“Drivers should be aware of the hazardous consequences of speeding and fatigue both on the open road and in urban areas and even small differences in speed can make a dramatic difference to the outcome of a crash.

“The casualty crash risk at 65km/h is about twice the risk at 60km/h. At 70km/h, the casualty crash risk is more than four times the risk at 60km/h.”

Between 2011 and 2015, there were over 32,000 speed-related crashes in NSW. This equates to almost 17% of all crashes in the State.

Speeding remains our biggest killer on the roads followed by fatigue-related crashes.

“Drivers should remember to take regular rest breaks often, less than two hourly if necessary, or consider swapping drivers if possible to combat the dangers of becoming tired on long trips,” she said.

“Don’t drive long distances after a day’s work or commence driving very early to beat the traﬃc as your internal clock will be saying you should be asleep.”

Ms Bleechmore urged drivers not to ignore the early warning signs of fatigue, which are:

- Yawning
- Poor concentration
- Tired eyes
- Restlessness
- Drowsiness
- Slow reactions
- Boredom
- Over-steering

“Driving while sleep deprived, increases the risk of having a ‘microsleep’ and losing control of your vehicle. If you fall into a micro-sleep and nod off at 100 km/h, you’ll travel 100 metres in just four seconds, unconscious,” she said.

Between 2011 and 2015, there were over 175,000 fatigue-related crashes in NSW. This equates to 8% of all crashes in the State.

MEDIA CONTACT

Dubbo Regional Council’s Road Safety Officer, Jayne Bleechmore is currently on extended annual leave.

During her absence please contact Dubbo Regional Council’s Traffic Engineer Dennis Valentine on (02) 6801 4000.

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