



**You can consider yourself lucky to be stopped by the police today.**

This is because just around the next corner, your driving could have caught up with you.

And this could have serious consequences for you, your family and friends - not to mention other drivers on the same stretch of road.

Drivers are responsible for more than 3,000 deaths and 30,000 serious injuries on Britain's roads each year. Most can be avoided.

By pulling you over, we may have done you a favour. Now you can do yourself a favour by reading this leaflet so you know how to stay safe while on the road.

And you could spread the word by showing it to any friends or family members who drive.

## **1 Don't drink and drive**

Drinking and driving is socially unacceptable - but still there is a minority of motorists who believe they can get away with it.

Alcohol affects reaction times and judgement of speed and distance.

The legal limit is 35 microgrammes of alcohol in 100 millilitres of breath. But there is no sure way of judging whether you are under the limit.

Police also target people who drive after taking drugs, which can have just as dangerous an effect on drivers.

If you know of a drink or drug driver, do the right thing - and report them to the police. You could save someone's life.

**Think:** Driving while over the limit carries a penalty of up to six months in prison, a fine of up to £5000 and a minimum driving ban of one year.

Causing death by careless driving while under the influence of drink or drugs carries a maximum penalty of 14 years in prison.

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**HOW TO AVOID...  
...BECOMING A STATISTIC**



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For more road safety advice, visit  
[www.suffolk.police.uk](http://www.suffolk.police.uk) or [www.suffolkroadsafe.net](http://www.suffolkroadsafe.net)





## 2 Observe speed limits

Speed kills. Two thirds of all accidents in which people are killed or injured happen on built-up roads where the speed limit is 40 mph or less.

Observing speed limits and reducing speed by just a few miles per hour can make a dramatic difference.

A child is twice as likely to die if they are hit by a car doing 35 mph rather than 30 mph.

**Think:** A fixed penalty notice for speeding will cost you £60 and three points.

## 3 Wear a seat belt



Seat belts save lives.

In a crash at 30 mph, an adult is thrown forwards with a force of 3.5 tonnes. That is the weight of an elephant.

Wear your seat belt on every trip, even if it is just round the corner.

And make sure that your children are safely secured, in line with existing legislation.

**Think:** It costs nothing to put on your seat belt.

## 4 Play safe with mobiles

Don't use a hand-held mobile phone when driving. Pull over to a safe location first.

Taking or making a call while on the move can distract you enough to cause a collision.

Similarly, don't fiddle with car stereos, maps etc while driving, for the same reason.

**Think:** If you are caught using a hand-held mobile phone in your car, it could land you a fine of up to £1000.

A conviction for careless driving can attract a fine of £2,500, points on your licence - and even a disqualification.



## 5 Don't drive when you are tired

Tiredness causes you to lose concentration, which is dangerous.

It can also cause you to fall asleep at the wheel, which can be fatal.

If you feel tired, take a break.

If you are going on a long journey, share the driving if possible.

## 6 Keep your vehicle roadworthy

If your vehicle is not well maintained, it is a hazard to you and other road users.

Check your vehicle before you travel. Make sure that, for example, your tyres are legal and at the right pressure and your windscreen wipers work effectively.

In the winter, you should ensure there is liquid in your windscreen washer bottle and that your lights are kept clear of grime thrown up from the road.

**Think:** An illegal tyre is not only dangerous - it could cost you £60 and three points.

