

Multicultural Road Safety Workshop

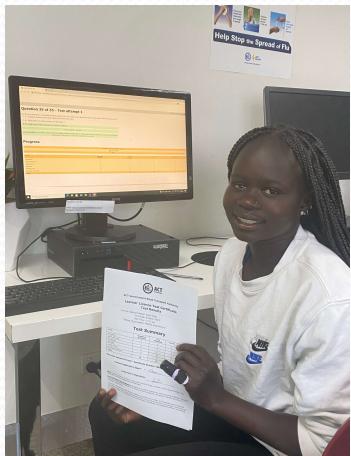


All text and images, regardless of source, are used solely for the purpose of sharing information about road rules and issues in the ACT with clients at MARSS.

Multicultural Road Safety Workshop Aim:

Before starting practical driving lessons in the Australian Capital Territory (ACT), it is important to provide English speaking clients with culturally appropriate education on road safety practices in the ACT.

Why are we doing Multicultural Road Safety Workshops?



Workshop explanation

It's important to provide workshops and written information to people from new and emerging refugee and migrant communities living in the ACT, to enable them to use our roads safely. These workshops and complementary written information, funded by the ACT Government, will be provided to clients from English speaking communities in their own first language, to allow people to learn, understand and discuss issues relating to rules and road safety.

Why did the ACT Government fund the Multicultural Road Safety Workshops?

Deliver road safety awareness activities including public awareness campaigns;

- encourage and promote road safety education in the ACT community;
- promote and stimulate research and investigation on road safety issues, and the implementation of accident and injury counter measures, especially in the area of accident prevention and injury minimisation;
- support or facilitate the construction of physical improvements to land in the ACT to promote road safety, for example road safety audits, feasibility studies, evaluations and research into road design and construction; and
- aid in the establishment of initiatives aimed at rehabilitating persons seriously injured or traumatised as a result of road accidents.

People from new and emerging refugee and migrant communities - especially those who have arrived in Australia very recently - face a number of additional barriers when it comes to understanding and upholding road rules and maintaining positive road safety practices, compared to other residents of ACT. These barriers include:

- *Lower Levels of English language proficiency - which means they may be unaware of or misunderstand road safety rules and practices; and
- *Cultural issues - particularly for people who have come to Australia from countries with very different driving, road rules and road use practices.



As a result, there may be ignorance or misunderstanding about driving while tired, which can be as dangerous as drink driving.

It affects your concentration and judgement, and slows your reaction time.

Driving while tired



Driving while tired

Driver fatigue is not just associated with long trips or heavy vehicles. Lack of sleep and certain medications can result in driver fatigue.

Driving requires your full attention - it can only take a few seconds for your eyes to be closed for a collision to occur.

Driving while tired (continued)

Signs of fatigue may include:

- Constant yawning;
- Slow eye movement and blurred vision;
- Delayed or slow reaction times;
- Feeling stiff;
- Sore or heavy eyes;
- Day dreaming;
- Wandering over the centre line or on to the edge of the road; and
- Changing your speed a lot, or having difficulty maintaining constant speed.

If you notice any of these signs; pull over and take a break.

Driving while tired (continued)

If you are going on a long trip:

- Plan breaks in advance;
- Take a break at least every 2 hours;
- Stay somewhere overnight if you are going on a long journey;
- Share the driving and make sure you rest when you are not driving; and
- Try not to drive when you would normally be asleep (early mornings and late nights).

Driver Reviver

Driver Reviver Sites are an ideal place to take a break on a long journey. They offer a free cup of tea, coffee, a biscuit, and a place to stop and chat with the friendly volunteers before continuing safely on your way. Visit the [Driver Reviver website](#) to find out more.

Insurer AAMA has identified ways to avoid driver fatigue.

Driver fatigue can impact everyone behind a wheel, and is dangerous regardless of whether you're steering an 18-wheeler or a hatchback.

Learn the signs of driver fatigue and some easy steps to help prevent it.

And make sure you're insured in case of an accident by exploring your car insurance options.

Why driving tired is a bad idea

Driving at the best of times can be chaotic.

But because many of us do this almost every day, our brains can easily think we're just as capable of driving well when we're fatigued.

This can – and unfortunately does – result in microsleeping while driving.

We can't control microsleeping. It can last from half a second to ten and can easily lead to a road accident.

If you're fatigued, the safest option is to avoid driving.

How sleep apnoea affects car insurance

Medical conditions like sleep apnoea can make drivers more prone to fatigue.

Because of this, your road authority may require you to inform them as it could impact your ability to drive safely.

Failing to comply with conditions of your licence could affect your car insurance claim.

Common reasons for driver fatigue

The causes of driver fatigue can go back weeks. Things like starting a new job that disrupts our sleeping patterns, becoming a parent or stressing about an upcoming exam can all lead to fatigue when driving and result in potential accidents.

Some of the most common reasons for driver fatigue include:

- Mental or physical effort prior to driving, such as a long day at work.
- Not taking regular breaks while driving long distances.
- External factors like heat or road vibration.
- Disruptions to your circadian rhythm – that is, not sleeping when you're used to sleeping.
- Long periods without sleep or with poor quality sleep.

How to manage fatigue and prevent microsleep while driving

Knowing what causes driver fatigue is one of the best ways to prevent sleeping behind the wheel. Some other things you can do to reduce the chances of driver fatigue include:

- Avoid driving after a long day of work, if you can.
- Get a good night's sleep before driving.
- Drink plenty of water and avoid alcohol prior to driving.
- Take rest breaks and exercise every two hours.
- Share the driving.
- Don't drive at times when you would normally be asleep.

How to manage fatigue and prevent microsleep while driving (continued)

- Allow extra time to avoid additional stress.
- Slow down while driving at night, especially when driving through the country as wildlife and other hazards are harder to spot in the dark.

It's also definitely worth calling out that caffeine, energy drinks or loud music will not always work to help fight fatigue.

Sleep or rest is often the only solution.



**Discussion: What do you think
are the top risks taking
behaviours on the road?**



THE END