



East Sussex
Fire & Rescue Service

The people **at highest risk** of being seriously injured or losing their lives in collisions on Lewes's roads, **are local residents.**

Think, speak and act to make yourself, and others, safer on local roads and everywhere.

ROAD SAFETY IN LEWES DISTRICT

Tragic road incidents are most often caused by someone's careless or distracted behaviour: **"failed to look properly"** is the most common Causation Factor. **Never let that be you.**

CONCENTRATE when using the roads, whether as a driver, a rider or as a pedestrian. Look – think – look again – check that you haven't missed anything and that you understand what you have seen.

AVOID DISTRACTIONS - You have the control when you are driving – make sure you keep it - never allow passenger distractions. Put mobile phones/devices out of your reach: tell others that you will never use them while driving, and ask them to promise the same.

Use the 2 Second Rule – keep the minimum safe distance between you and the vehicle in front at any speed, and it helps you to concentrate on your driving. Use a 4 seconds count if the road is wet.

Drive with dipped headlights on *all the time* -

Many Lewes District roads go through woodlands which throw deep shade, so on a bright day drivers suddenly enter relative darkness, and can't see properly until their eyes readjust.

Make your vehicle easier for others to see.

Always wear seatbelts –

They save lives every day and airbags are not a substitute



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