

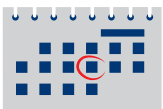


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ARE YOU PREPARED FOR YOUR HOLIDAY?

The festive season is upon us and, although you have probably done your holiday preparations, how ready will you be should an emergency arise?

As reported by Transport Minister Dipuo Peters, 1 714 people lost their lives during the festive season of 2016. The following guidelines will assist you in being prepared for any emergency that may arise.



PLAN AHEAD

Properly preparing for your holiday can decrease the odds and, should the need arise, you will be equipped for your emergency.



ENSURE YOUR VEHICLE IS ROADWORTHY

The Automobile Association of South Africa (AA) recommends that a 52-point-check-up should be done at a reputable vehicle service centre.



ON YOUR JOURNEY

- Know your route and the rest stops along the way.
- Stop every 200km or every two hours.
- Drink plenty of cool liquids to stay hydrated.
- Listen to some music while driving to ensure you do not become drowsy.
- Should you become drowsy, pull over in a safe area and have a good stretch and a brisk walk.



YOUR DESTINATION

- Know where your closest hospitals or general practitioners are located.
- Have a list of the emergency services in the area.
- Make sure that each family member carries a card with all their emergency medical information on it.



A NUMBER OF NECESSITIES SHOULD ALSO BE PACKED IN YOUR VEHICLE:

- A power bank – should you be stranded and your cell phone needs an emergency charge
- First Aid Kit
- Fire extinguisher
- Reflective warning triangles
- Tyre gauge
- Foam tyre sealant
- Jumper cables
- Flashlight and batteries
- Workers gloves
- Duct tape
- Towrope
- Multipurpose utility tool
- Rain poncho
- Drinking water
- Non-perishable snacks
- Warm blanket

Remember, by adhering to the rules of the road and by following our guidelines, you can help guarantee yourself a safe holiday.