

# ON THE ROAD

GUIDE FOR DRIVERS,  
CYCLISTS  
AND PEDESTRIANS

**RCB**

Rządowe Centrum  
Bezpieczeństwa



**Warsaw, 2024**



**Composition and implementation**  
**Government Centre for Security**



**Edition I**  
**Warsaw, 2024**

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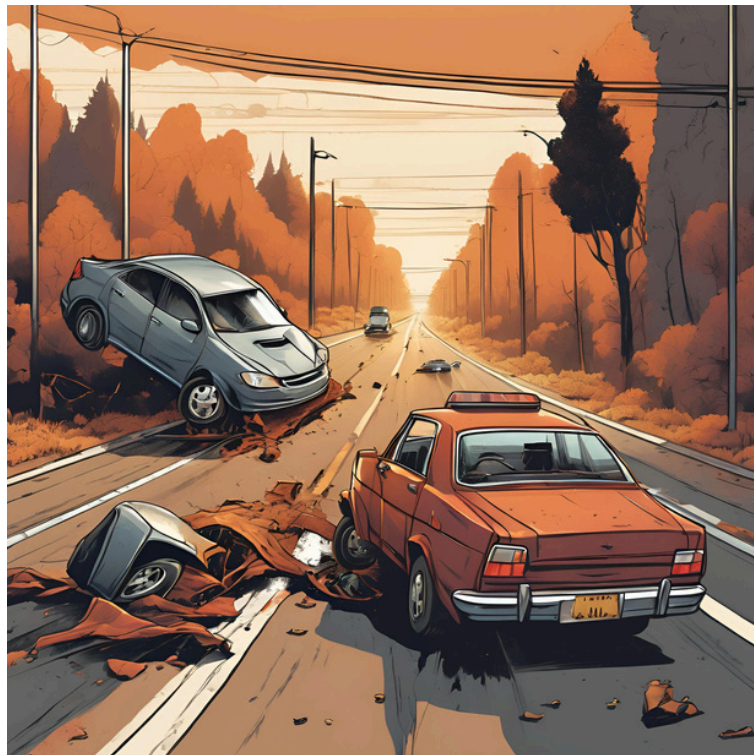
# 1. INTRODUCTION

Road safety is an increasingly important aspect of the functioning of modern societies, which aims to protect the life and health of all participants of the movement.

## Definition and meaning of road safety

Road safety can be defined as the actions, principles and technologies to prevent road accidents and to minimise the effects of those that will happen anyway. This includes both road infrastructure and the education of road users, enforcement and technology development in vehicles.

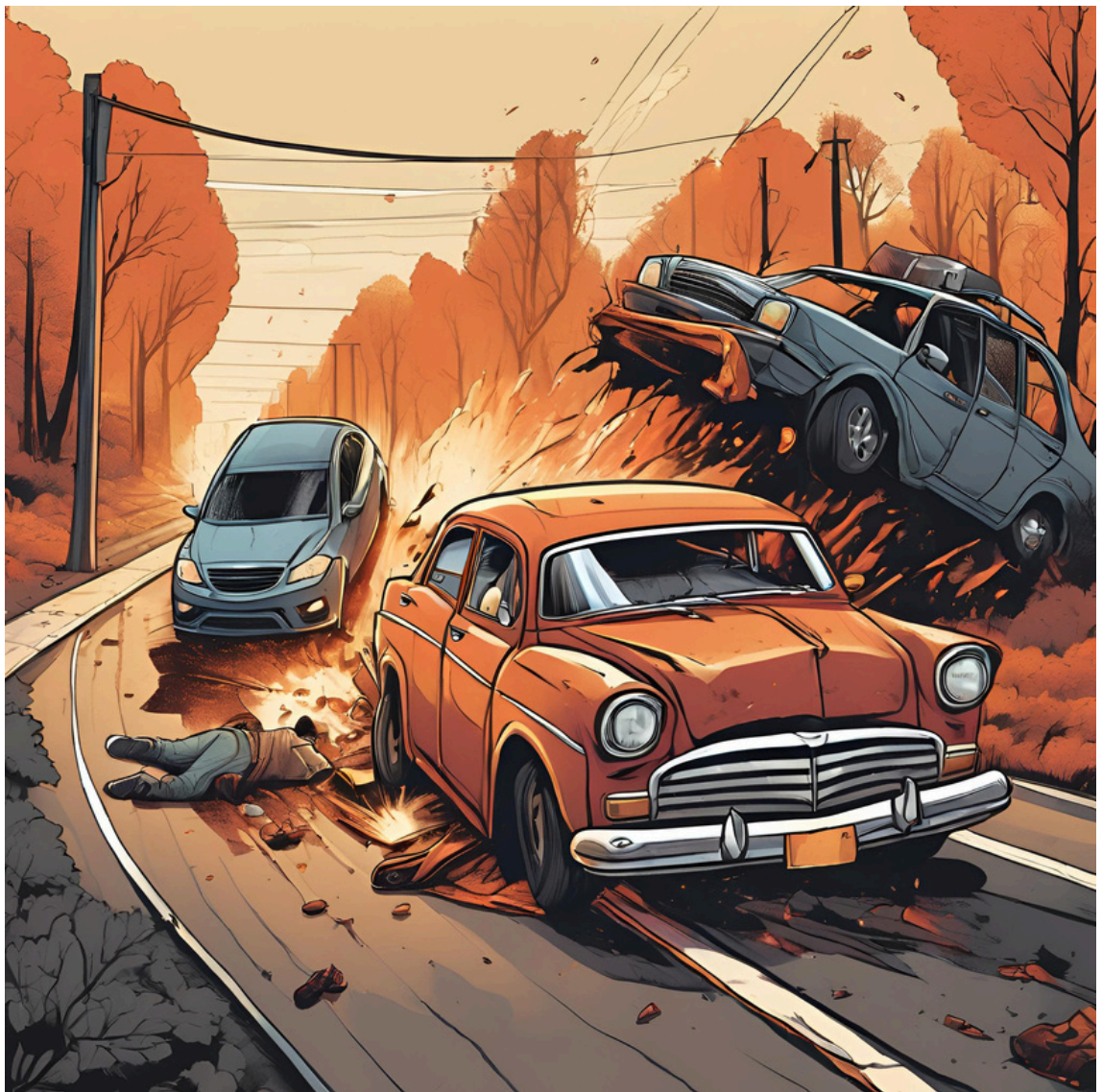
The importance of road safety cannot be overstated. Every year, millions of people lose their lives or health as a result of traffic accidents. In addition to human suffering, road accidents carry huge economic costs associated with the treatment of victims and the repair of damage.



## Statistics on road accidents

Statistics show the scale of the problem and help to understand how important it is to take action to improve road safety. Statistically, about 1.19 million people are killed on the roads every year, and in addition, about 20-50 million are injured, often with long-term health consequences (a WHO report from 2021).

In Poland, in recent years, on average about 2 thousand people are killed in road accidents every year, and almost 25 thousand are injured. Pedestrians and cyclists are particularly at risk, representing a significant proportion of the fatalities.

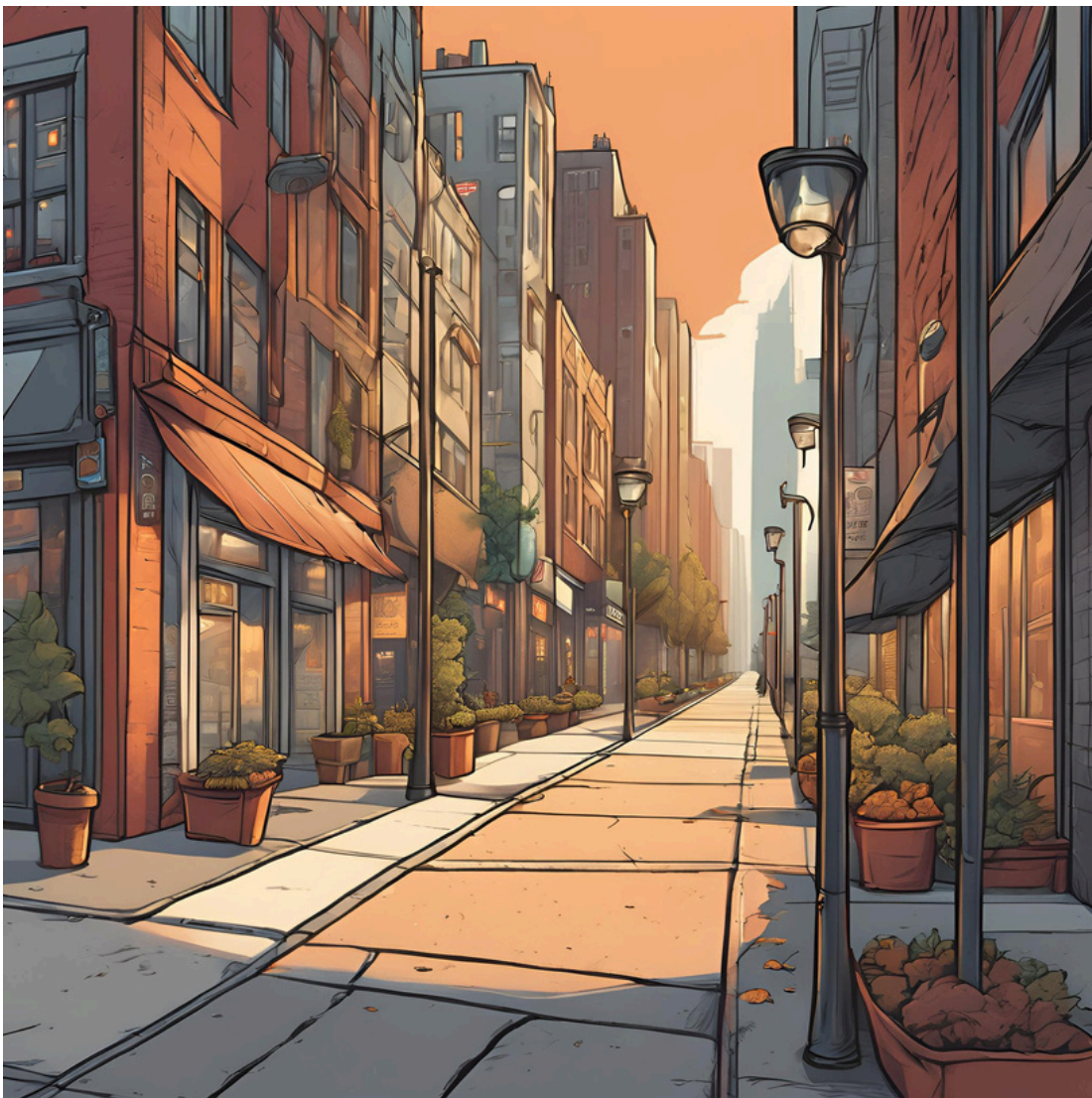




# 2. I AM A PEDESTRIAN

## How to walk on the pavement?

Sidewalks are a special element of urban infrastructure, designed for safe and comfortable walking. Millions of people use them every day. Although walking on the sidewalk seems to be an unexplainable matter, there are many rules and practices that help to increase the safety and comfort of all users of this space.



Sidewalks are not only for pedestrians – they can also be found on people in wheelchairs, cyclists (where it is allowed), parents with prams or seniors with reduced mobility.

Adhering to simple, basic rules not only reduces the risk of accidents, but also makes our daily walks more enjoyable and less stressful for everyone.

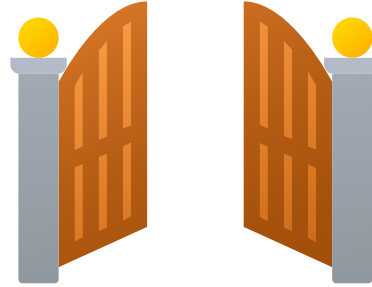




- **Go to the right side of the pavement** – it makes it easier to move around and avoid collisions with other pedestrians.



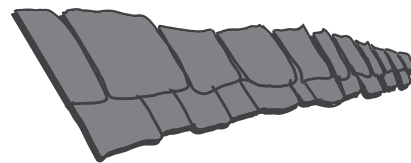
- **Watch out for exits from buildings and gates** – be careful, because unexpectedly they can leave with them vehicles or people leave.



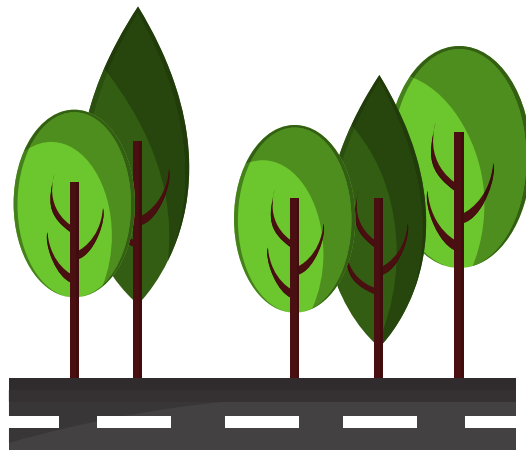
- **Avoid using your mobile phone** – do not write messages or browse the internet while walking. This can distract you from your surroundings and increase the risk of an accident.



- **Be careful at the edge of the pavement** – do not walk too close to the edge to avoid the risk of falling on the road.



- **Use the sidewalk or pedestrian road, and in the absence of them** – from the roadside. If there is no roadside, you can use the roadway (in both cases, walk on the left side of the road).

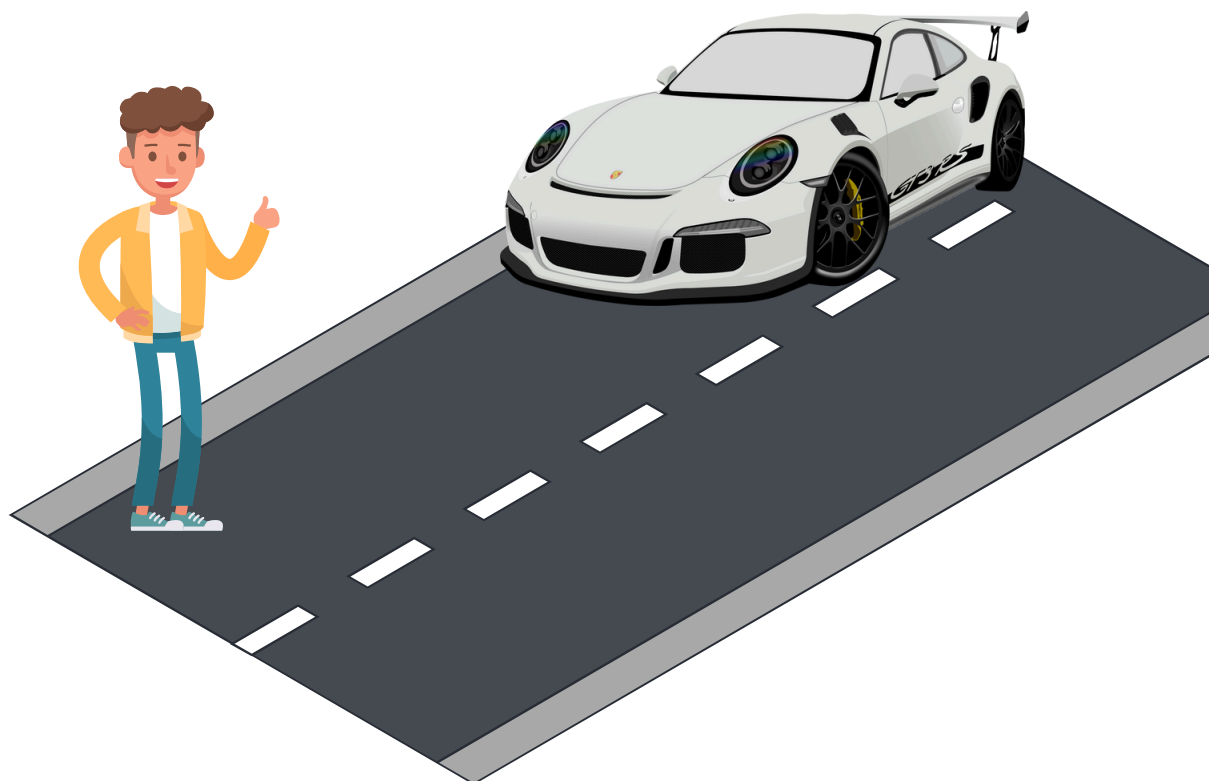


## Pedestrian on the roadway

The road is a space primarily designed for motor vehicles – cars, bicycles, and others. Therefore, pedestrians who must move through it are particularly vulnerable. It is important to remember that the responsibility for safety on the road lies with both pedestrians and drivers. Cooperation and mutual understanding are key to creating a safe road environment.

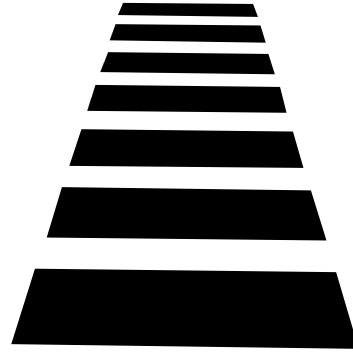
Despite the fact that the sidewalks are the main place for pedestrians, there are situations when you need to move along the – roadway, this may be the result of the lack of a sidewalk, its damage or other obstacles. Driving on the road is a greater risk and safety hazard, so it is extremely important to follow rules that minimize the risk of accidents.

Crossing the road is one of the most important moments in which a pedestrian must be extremely careful.



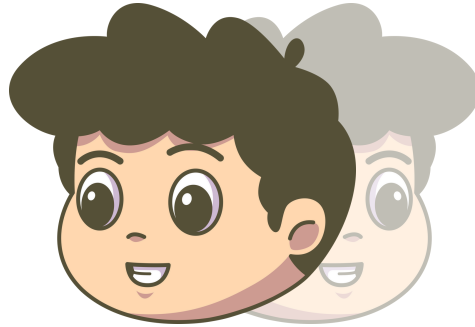


**Use pedestrian crossings** – always cross the street at designated crossings when possible.



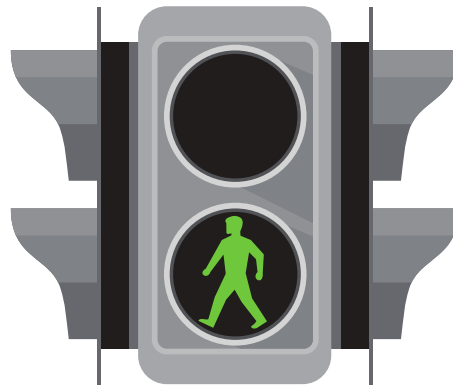
**At transitions without traffic lights:**

- Stop before entering the road.
- Look left, then right, and then left again to make sure, that no vehicles are coming.
- Take a decisive step, but do not run.



**At the crossings with traffic lights:**

- Wait for the green light.
- Before you get on the road, make sure the vehicles stop,
- Take a step, don't run.



**Use underground and aboveground pedestrian crossings** – they are less comfortable and more demanding, but also the safest, because they eliminate the risk of contact with vehicles.



## Reflectors

One of the easiest and most effective ways to improve the visibility of pedestrians and cyclists (especially after dark and in low visibility conditions) is by **using reflectors**. Although reflectors are small and unobtrusive accessories, they have a huge impact on improving road safety.

Reflectors work by reflecting light. This allows drivers to notice pedestrians or cyclists earlier and react accordingly, which significantly reduces the risk of accidents. Using reflectors is especially important in areas without street lighting, on unlit rural roads, and in conditions such as rain, fog, or snowstorms, when visibility is limited.



**Wear reflectors after dark and in difficult weather conditions** – they will make you visible from a greater distance.



**Wear reflectors in visible places** – preferably on sleeves, trouser legs, backpacks, or bags. The lower and more visible they are, the earlier they will be noticed.



**Choose clothing and accessories with reflectors** – jackets, shoes, hats with reflective elements increase your visibility.



**Use reflective armbands** – they are easy to put on your arm or leg and are very effective in increasing your visibility.



**Check the condition of your reflectors** – over time, they may wear out and lose their effectiveness, so regularly inspect them and replace them with new ones if necessary.







# 3. I AM A CYCLIST

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## Bike equipment

A bicycle is not only a convenient and eco-friendly mode of transportation but also a way to stay active and take care of your health. For safe cycling, proper bike equipment is crucial. The right accessories and components impact riding comfort, the cyclist's visibility on the road, and overall safety.

Regularly checking the technical condition of your bike and maintaining its equipment should be a habit for every cyclist. Even the best riding skills cannot replace proper technical preparation, which can prevent many dangerous situations on the road.

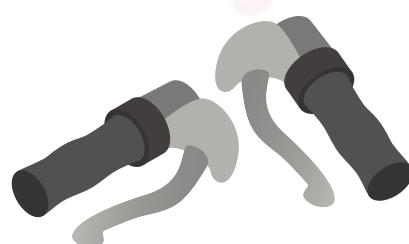
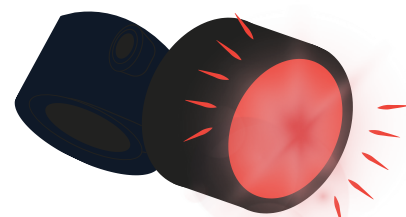
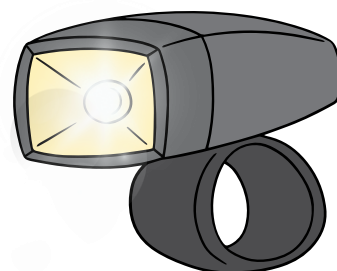




**Here are the key elements that should be found on every bike:**

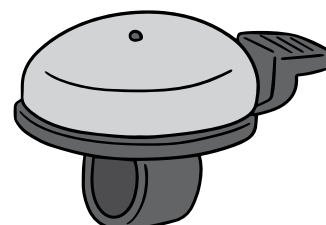
### **Lighting**

- Selective white or selective yellow front light - should be visible from a distance of at least 150 meters.
- Rear red light - also visible from a distance of at least 150 meters.
- Reflectors - white on the front, red on the back and orange on the pedals and spokes of the wheels.

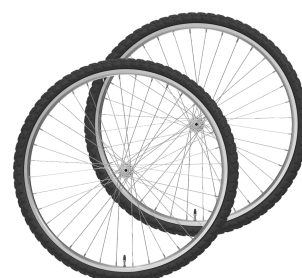


**Brakes** - the bicycle must be equipped with at least one effective brake that allows the vehicle to be stopped safely.

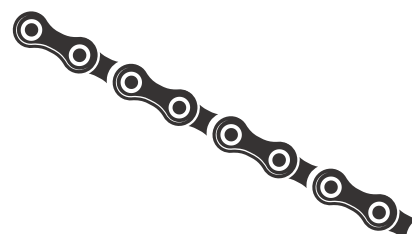
**A bell** - the sound signal is required by law and is used to alert other road users of an approaching cyclist.



**Tires** - should be in good condition, without visible damage and with the right tread to ensure good adhesion to the surface.



**The chain** - it should be regularly lubricated and maintained to ensure smooth and trouble-free riding.



## Protective helmet

Studies show that cyclists wearing helmets are less likely to suffer head injuries. Despite this, many people still give up wearing a helmet for various reasons, such as discomfort, lack of knowledge about its meaning or belief, that it is unnecessary for short distances or for slow driving.

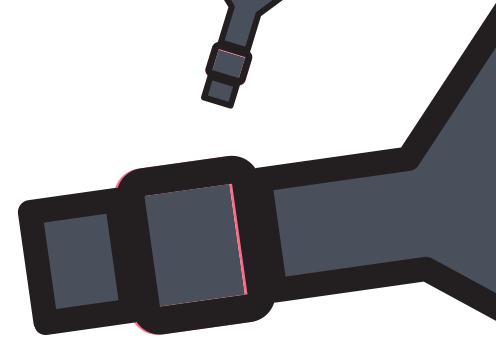
A safety helmet is one of the most important pieces of equipment for every cyclist. It protects the most important part of our body - the head, which is particularly vulnerable to injuries during a fall or collision.



**Fit** - the helmet should fit well to the head, it must not move or be too tight. It should stick to the head on its entire surface.



**Clasp** - make sure that the strap under the chin is fastened well and does not cause discomfort.



**Technical condition** - regularly check the condition of the helmet. After each more serious fall, it should be replaced, as it can have invisible damage.



**Certificates** - choose helmets with safety certificates (eg. CE, CPSC), which guarantee that they meet the required standards.



**Price** - the price of the helmet may be due to the materials that were used in its production. Don't hurt your safety and your health.



# Driving on the road for bicycles and roadways

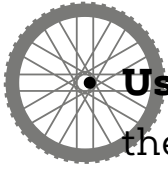
Roads for bicycles (colloquially called bicycle paths) are specially designated routes intended for cyclists. They are designed to ensure maximum safety and comfort of driving, separating cyclists from car traffic. However, there are also some rules on them that help to avoid collisions with other cyclists, pedestrians and other users, e.g., rollerblading or scooters.

Driving on the road, in turn, requires even more attention and compliance with traffic regulations. Cyclists on the road are full participants in the road and must know and follow the same rules as car drivers. Knowledge of traffic lights, the correct signalling of the intention to turn and change direction and the ability to predict the behavior of other road users are crucial for safety.

Regardless of whether we move on the road for bicycles or on the road, we should always take into account our safety and the safety of other traffic participants.



## Bike lanes



- **Use designated bike lanes** – where available, they are the safest place to ride.

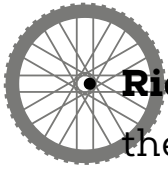


- **Maintain a safe distance** – on bike paths, try to keep a safe distance from other cyclists and pedestrians.



- **Signal your intentions** – use your hand to signal turns and stops so other road users are aware of your movements.

## Riding on the road



- **Ride in the direction of traffic** – always ride on the right side of the road, in the same direction as cars.



- **Avoid blind spots** – try not to ride near large vehicles, such as trucks and buses.



- **Follow traffic rules** – cyclists must adhere to the same rules as drivers, including road signs and traffic signals.



- **Be visible** – wearing bright clothing and using lights increases your visibility on the road.

# Safety at the crossroads

Crossroads are one of the most sensitive points of road infrastructure, where pedestrians, cyclists, cars, motorcycles and sometimes trams meet and buses. These are places where concentration of attention and compliance with traffic rules is absolutely crucial. When approaching an intersection, all traffic participants should exercise extreme caution and anticipate the behavior of other road users.

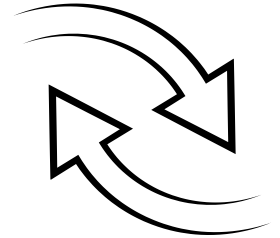
Unfortunately, intersections are places where many accidents occur, often with serious consequences. How can we protect ourselves from them?



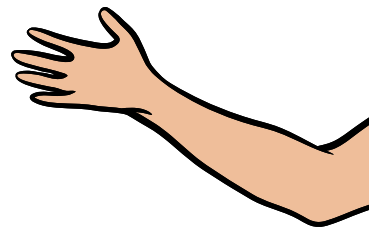
- **Follow traffic signs and signals** – pay attention to traffic lights, stop signs, and right-of-way signs.



- **Exercise extra caution when changing lanes** – before changing lanes or turning, make sure there are no oncoming vehicles.



- **Signal your intentions** – always clearly signal your intention to turn or stop with your hand.



- **Check blind spots** – make sure drivers see you, especially when approaching blind spots in their vehicle mirrors.



- **Avoid sudden maneuvers** – try to move predictably and avoid abrupt, unexpected actions.



Safe cycling requires conscious and responsible approach. Compliance with the basic rules and taking care of the proper equipment of the bike significantly increases your safety on the road. Remember that as a cyclist you are an equal participant in road traffic, but also more exposed to injuries, so caution and prudence are key.



# 4. I AM A DRIVER

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## Responsibility

Road safety is a shared responsibility of all its users – drivers, cyclists, motorcyclists and pedestrians. Every one of us, regardless of our role on the road, has a duty to act responsibly and predictably. Responsibility on the road is not only compliance with traffic rules, but also respect for other users and care for their safety.

Being a responsible road user means that we are aware of our impact on the environment and take action to minimize the risk of accidents. It is also the ability to anticipate threats and respond appropriately to emergency situations. Drivers must remember that their decisions and behaviour have a direct impact on the safety of pedestrians and cyclists, who are more likely to be injured in the event of a collision.

Responsibility on the road also means taking care of the technical condition of the vehicle, not driving under the influence of alcohol or other substances and eliminating distractors, such as mobile phones.

Mutual respect and cooperation between all road users is crucial for creating a safe environment on the road. How we behave on the road has a real impact on the life and health of other people.

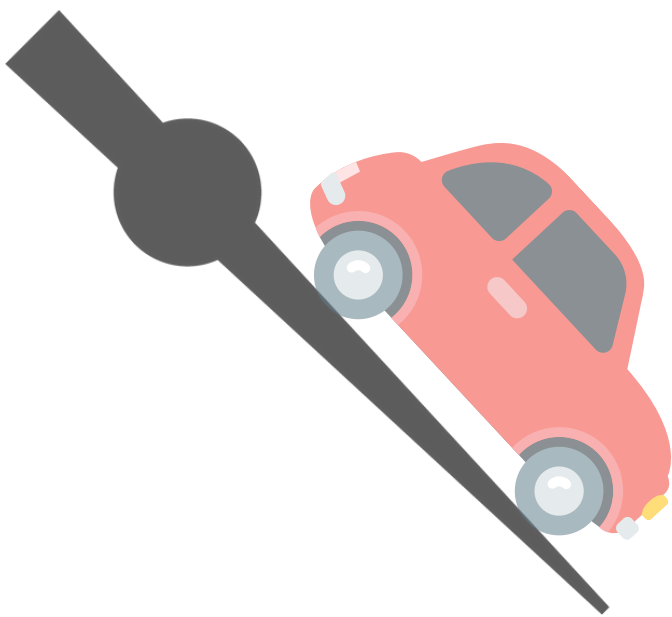
**As a driver, you are responsible for the safety of yourself, passengers and other road users.**

**Here are the key aspects to keep in mind:**

- **Compliance with traffic rules** – always comply with applicable traffic regulations, road signs and traffic lights. Compliance with speed limits, giving way to priority and respecting prohibition zones are basic principles that must be respected.
- **Use of lights** – use the appropriate lights depending on road and atmospheric conditions. Remember to turn on your low beam headlights after dark, in tunnels, and in conditions of limited visibility.
- **Do not drive under the influence of alcohol and intoxicants** – driving under the influence of alcohol, drugs or other intoxicants is absolutely unacceptable, is punishable and poses a serious threat to road safety.
- **Do not use your phone while driving** – using a mobile phone without a hands-free or headset distracts you and increases the risk of an accident.
- **Regular technical inspections** – take care of regular technical inspections of your vehicle to ensure its efficiency and safety. Check the condition of the brakes, tires, lights and steering.

# Speed

Speed is one of the most important factors affecting road safety. Understanding why proper speed is crucial and how following it affects our safety and the safety of other road users is fundamental for any driver.



Too high a speed increases the risk of an accident, because it reduces the driver's response time, extends the braking distance and reduces control of the vehicle. In the event of a collision, the impact force is much greater, which leads to serious injury or death. Exceeding the speed limit is one of the leading causes of road accidents worldwide.



- **Adjusting speed to conditions**

Always adjust your speed to the conditions on the road, such as the weather, the condition of the road surface, visibility and traffic.

- **Compliance with speed limits**

Do not exceed the permissible speed. Restrictions are set to ensure safety. Exceeding the permissible speed increases the risk of an accident and can lead to serious consequences.

- **Safe overtaking**

When overtaking other vehicles, make sure you have enough space and good visibility to keep the maneuver safe. Never overtake in corners, hills or places with limited visibility.



## Child safety seat

A car seat is a key element that can save a child's life and health in the event of an accident. Proper use of car seats and their proper selection for the age, weight and height of the child significantly increases the safety of the youngest passengers.

Car seats are designed to provide maximum protection in the event of a collision. Their special design protects the delicate body of the child, minimizing the risk of serious injuries. In countries where the use of child seats is mandatory, there are significantly fewer injuries and fatal accidents among children.

Studies show that a properly installed and fitted car seat can reduce the risk of a child dying in a car accident about 70% for infants and about 50% for young children (the NHTSA report from 2017). The safety of children in the car requires special attention.



## **Here are the rules that will increase the safety of your child when traveling by car:**

- **Choosing the right seat**

Choose a seat adapted to the weight and height of the child. The car seats are divided into weight groups, so make sure the car seat is suitable for your child.

- **Installation of a child seat**

Correct installation of the seat is crucial for its effectiveness. Follow the manufacturer's instructions and make sure that the seat is well attached to the seat.

- **Positioning of the child seat**

Child seats for the youngest children should be rear facing, as this position provides better protection of the head and neck in the event of a collision.

- **Securing the child**

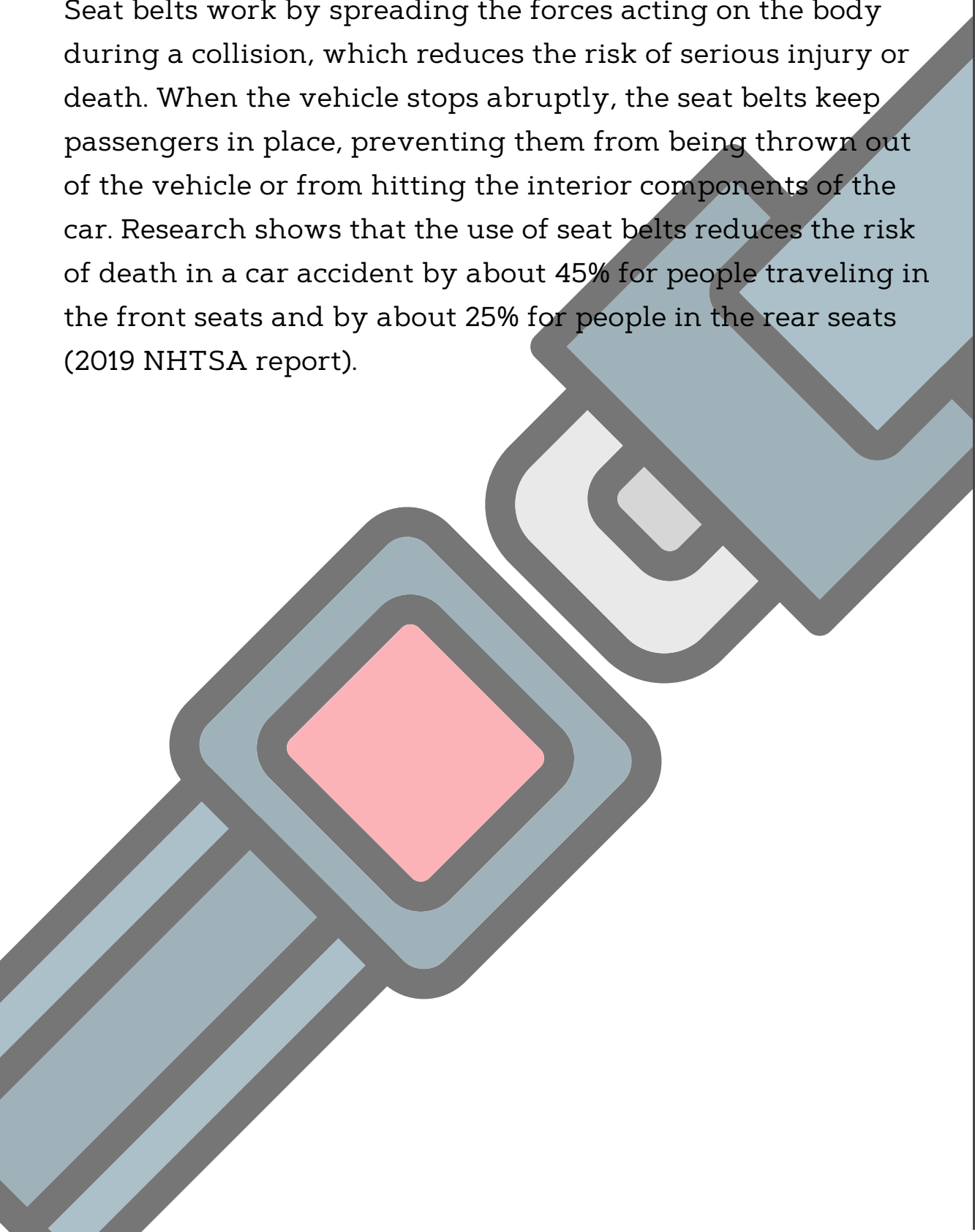
Make sure the seat belts in the seat are well-fitting and not twisted. The belts should be tight, but not too tight for the child to have freedom of movement, but it was at the same time well secured.



## Seat belts

Seat belts are one of the simplest and most effective protection measures that have been introduced into vehicles.

Seat belts work by spreading the forces acting on the body during a collision, which reduces the risk of serious injury or death. When the vehicle stops abruptly, the seat belts keep passengers in place, preventing them from being thrown out of the vehicle or from hitting the interior components of the car. Research shows that the use of seat belts reduces the risk of death in a car accident by about 45% for people traveling in the front seats and by about 25% for people in the rear seats (2019 NHTSA report).





Despite these statistics, many people still ignore the need to fasten their belts, both on short and long routes.

- **Fastening belts**

Remember to wear seat belts every time you get in your car, regardless of the length of the route. This applies to both the driver and all passengers.

- **Proper use of belts**

Make sure that the belts are correctly placed: the hip belt should be placed low on the hips, and the chest belt should pass through the center of the chest and arm.

- **Checking the technical condition of the belts**

Regularly check the technical condition of the seat belts, make sure they are not rubbed or damaged. Replace them with new ones if necessary.



## Safety at the intersection

Crossroads are some of the most complex and potentially dangerous places on the roads. It is here that different traffic directions intersect, which requires special attention from all road users, knowledge of regulations and the ability to predict the behavior of other road users. Safety at intersections is crucial for preventing accidents that can have serious consequences for everyone involved.

The crossroads can be equipped with various forms of traffic regulation, such as traffic lights, traffic signs, roundabouts or pedestrian signalling. Each type of intersection requires a different approach and behavior, which is why it is so important that drivers are well acquainted with the rules in force in a given place.

Understanding and adhering to safety rules at intersections not only protects life and health, but also ensures smooth movement and minimizes the risk of accidents. Mutual respect and caution are key to creating a safe environment on the roads.

- **Stay alert**

As you approach the intersection, slow down and be ready to stop. Observe other traffic participants and follow the rules of precedence.

- **Signal your intentions**

Always use turn signals to signal your intention to turn or change lanes. Make sure other drivers have noticed your signals.

- **Give way to priority**

Follow the rules of priority of the journey. At intersections without traffic lights, give way to oncoming vehicles on the right (if the signs do not say otherwise).

- **Avoid violent maneuvers**

Try to move smoothly and predictably. Sudden braking or changing direction can surprise other drivers and lead to a collision.

Road safety requires an informed and responsible approach. Compliance with regulations, adjusting speed to the conditions, taking care of the appropriate protection of children and passengers and caution at intersections are the key elements that ensure safe travel. Remember that as a driver, you are also responsible for the lives of other road users, so so always exercise caution and prudence.

# 5. I AM A MOTORCYCLIST

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## Helmet and protective clothing

Motorcycles offer a unique driving experience, but at the same time expose drivers and passengers to a much greater risk of accidents and injuries compared to other vehicles. To minimize this risk, it is crucial to use appropriate protective equipment. Helmet and protective clothing are the basic elements that significantly increase the safety of a motorcyclist on the road.

**A safety helmet** is a mandatory and the most important piece of equipment for every motorcyclist. Research shows that wearing a helmet reduces the risk of death by about 37% and the risk of serious head injury by about 69% (2016 CDC report). Helmets are designed to absorb impact energy, thus protecting the skull and brain.

In addition to the helmet, **protective clothing** is equally important. It consists of specialized: jackets, trousers, gloves, shoes and protectors for the back, elbows, knees and shoulders. Clothing made of special materials such as leather or Kevlar-reinforced textiles protects the skin and muscles from abrasions and reduces the risk of fractures and other serious injuries. It not only provides protection in the event of an accident, but also improves driving comfort, protecting against weather conditions such as wind, rain or cold.



Appropriate protective equipment is an investment in safety and health. Motorcyclist accidents often have more serious consequences than car accidents, which is why it is so important to be properly prepared for every trip.

## **Protective helmet**

- **Helmet selection**

Choose a helmet that complies with safety standards (eg. ECE 22.06). It should fit well, not too loose or too tight.

- **Types of helmets**

Integral (full) helmets provide the best protection. Open helmets (jet) protect less, especially in the case of falls on the face.

- **Helmet care**

Regularly check the condition of the helmet, make sure there are no cracks or damage. After each serious fall, replace the helmet with a new one.



## Protective clothing

- **Jacket and trousers**

Choose clothing from wear-resistant materials (class AAA), such as leather or textiles reinforced with kevlar fibers. Make sure your clothing has reinforcements on your elbows, knees, shoulders, hips and back.



- **Gloves**

They should protect the hands from abrasions and injuries. Choose gloves with reinforcements on your fingers and wrists.



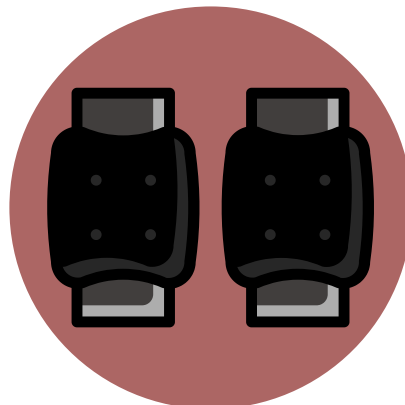
- **Shoes**

Wearing special motorcycle boots provides protection for your feet, ankles and shins. Shoes should be comfortable and well-fitting.



- **Protectors**

Additional protectors for the back, chest, shoulders and knees increase the level of protection in the event of an accident.



# Speed

Speed is one of the most important factors affecting road safety, and its importance is particularly high in the context of riding a motorcycle. Motorcyclists, due to the peculiarities of their vehicles, are more likely to be affected by collisions and falls. Exceeding the permissible speed or driving at speeds not adapted to road conditions significantly increase the risk of an accident and serious injury. Therefore, understanding and controlling speed is crucial for any motorcyclist.

Too high a speed on a motorcycle reduces the response time, extends the braking distance and reduces the control of the vehicle. In the event of a sudden maneuver or obstacle on the road, a motorcyclist driving at excessive speed has less chance of avoiding a collision. High-speed accidents are also more tragic.

However, not only speeding is a problem. Driving too slow in some situations can also pose a threat, impeding traffic flow and provoking dangerous maneuvers from other road users. That is why it is so important to adjust the speed to the prevailing – conditions both road and atmospheric – and to your own skills.

Here are the rules for safe driving:

- **Adjusting the speed to the conditions in which the movement takes place**

Always choose your speed according to the current road conditions, such as weather, road condition, visibility and traffic.

- **Compliance with speed limits**

Exceeding the speed limit increases the risk of an accident. Observe speed limits, especially in built-up areas and corners.

- **Safe overtaking**

When overtaking other vehicles, make sure you have enough space and good visibility to keep the maneuver safe.





## Visibility on the road

Due to their smaller size and slimmer silhouette, motorcycles are less visible to other road users, which increases the risk of accidents. To minimise this risk, motorcyclists must take informed action to improve their visibility and make them more visible to car, pedestrian and other motorcyclist drivers.

Being visible on the road is a key aspect of motorcycle safety. Here's how to increase your visibility:

- **Clothing, helmet, reflective vest**

Wearing clothes in bright colors with reflective elements increases visibility. Helmet also helps in light color or with reflective stickers.

- **Motorcycle lighting**

Regularly check the condition of your front and rear lights, as well as your turn signals.

- **Positioning on the road**

Try to ride in a way that makes you visible in the mirrors of other vehicles. Avoid riding in the blind spots of cars and trucks.

- **Signaling your intentions**

Always use your turn signals to indicate your intentions. Ensure that other road users see your signals.

## Safety at the crossroads

One of the biggest risks for motorcyclists at intersections is the lack of priority for other drivers. Due to the smaller size of motorcycles, car drivers may not notice the approaching motorcyclist, especially in conditions of limited visibility. Therefore, motorcyclists must be prepared for the fact that other road users may not notice them or misjudge their speed and distance.

When commuting to an intersection, motorcyclists should always slow down and be ready to stop, even if they have priority. It is also important to maintain a safe distance from other vehicles and



avoid blind spots where they may be invisible to car drivers. Anticipating potential hazards and planning your traffic ahead of time are key elements of safe driving at intersections.

- **Take special care**

As you approach the intersection, slow down and be ready to stop. Observe other traffic users and follow the priority rules.

- **Signal your intentions**

Always use turn signals to signal your intention to turn or change lanes. Make sure other drivers have noticed your signals.

- **Give way to priority**

Follow the rules of priority of the journey. At intersections without traffic lights and the priority of the passage of a certain sign, give way to vehicles coming from the right.

- **Avoid violent maneuvers**

Try to move smoothly and predictably. Sudden braking or changing direction can surprise other drivers and lead to a collision.

- **Check for blind spots**

Before entering the crossroads make sure that there are no other vehicles, cyclists or pedestrians in the dead points.

Safe motorcycle riding requires a conscious and responsible approach. Wearing the appropriate helmet and protective gear, adjusting speed to the conditions, increasing visibility on the road, and exercising caution at intersections are key elements that ensure safe travel. Remember, as a motorcyclist, you are more vulnerable to injuries in the event of an accident, so always exercise caution and mindfulness.

# 6. TRAVEL IN SPRING, SUMMER, AUTUMN AND WINTER

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Traveling by car can be enjoyable and safe as long as you prepare for it. Different seasons pose different challenges to the driver, so it is worth adjusting your preparations to the current weather conditions.







## Checking the technical condition of the car

- ☐ Check the condition of the tires, replace the winter with the summer ones, if you have not already done so.
- ☐ Check the condition of the suspension and shock absorbers that may have suffered in winter on the roads.
- ☐ Replace the washer fluid for summer, which better copes with insects and dust.

## Documents and insurance

- ☐ Make sure all documents are valid and up to date (driving license, registration certificate, OC/AC insurance).

## Car equipment

- ☐ Take a tire repair kit or spare wheel with you.
- ☐ Make sure you have a first aid kit, a warning triangle and a reflective vest.

## Route planning

- ☐ Check the weather forecast for your trip.
- ☐ Schedule rest breaks, especially during long runs.





## Air-conditioning

- ☐ Check the air conditioning and have it serviced if necessary.
- ☐ Replace the cabin filter to ensure clean air inside the car.

## Engine cooling

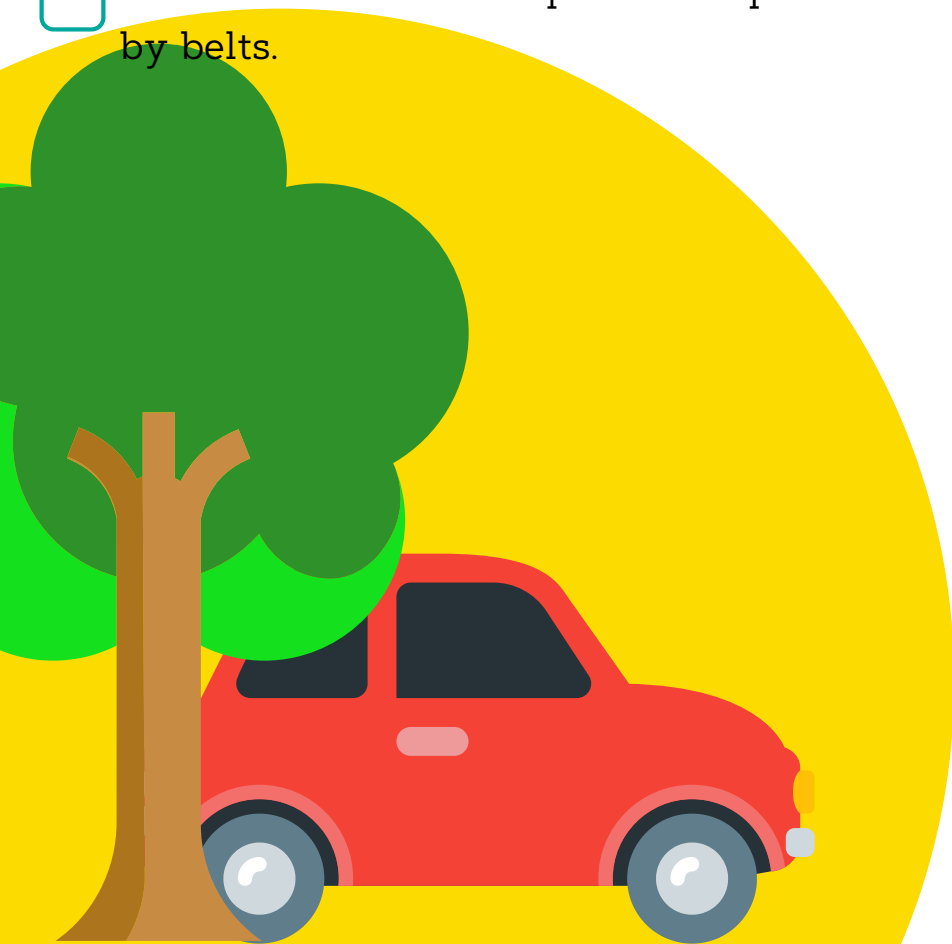
- ☐ Check the coolant level and replenish it if necessary.
- ☐ Check the condition of the radiator fan.

## Safety on the road

- ☐ Make sure your tyres have the right tread depth and pressure.
- ☐ Bring water for you and your passengers, especially on long journeys.

## Travel with children and animals

- ☐ Provide adequate safety seats for children.
- ☐ Animals shall be transported in special conveyors or secured by belts.





## **Tyres**

- ☐ Prepare to change your tyres for winter when the temperature starts to drop below 7°C.
- ☐ Check the tread depth and tyre pressure.

## **Lights**

- ☐ Check and adjust the lights to ensure good visibility.

## **Operating fluids**

- ☐ Supplement the washer fluid and coolant.
- ☐ Check the oil level and replace it if necessary.

## **Equipment for bad weather**

- ☐ Take a window scraper, snow brush and blanket with you.





## Winter tyres:

- ☐ Wear winter tyres that provide better grip on snow and ice.
- ☐ Make sure the tread is deep enough.
- ☐ Replace the washer fluid for the winter.

## Battery:

- ☐ Check the condition of the battery, which in winter is more loaded.
- ☐ If necessary, order its charging or replacement.

## Heating and defrosting:

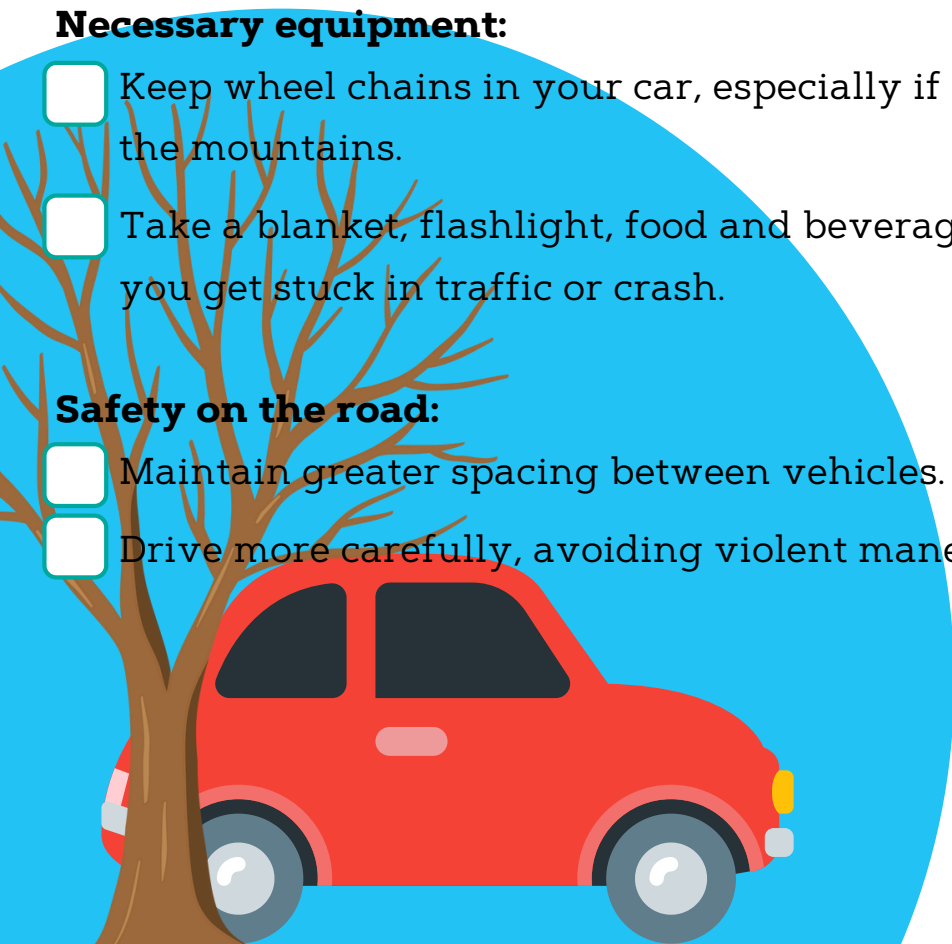
- ☐ Check the operation of heating and air vents.
- ☐ Make sure you have an efficient defroster for windows and locks.

## Necessary equipment:

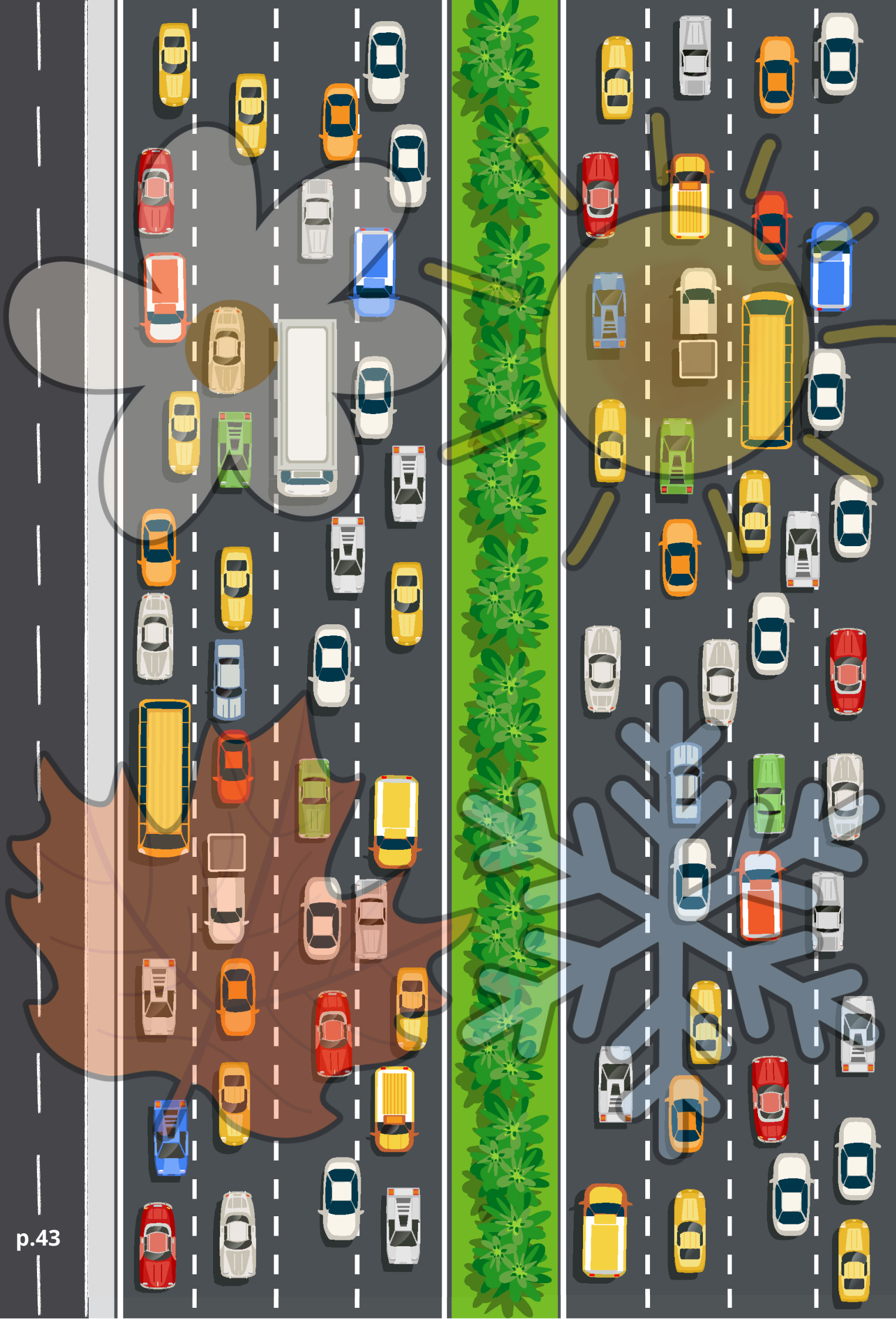
- ☐ Keep wheel chains in your car, especially if you are going to the mountains.
- ☐ Take a blanket, flashlight, food and beverage supply in case you get stuck in traffic or crash.

## Safety on the road:

- ☐ Maintain greater spacing between vehicles.
- ☐ Drive more carefully, avoiding violent maneuvers.







# 7. UNFAVORABLE CONDITIONS

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Driving in difficult weather conditions requires additional attention and preparation. How to stay safe on the road during rain, snow, fog and how to take care of proper tyres and technical condition of the vehicle?



## Driving in the rain

- **Speed reduction**

Wet surface reduces tyre grip, which extends braking distance. Adjust the speed to the conditions and increase the distance from the vehicle in front of you.

- **Avoiding sudden maneuvers**

Avoid sudden braking, acceleration and twisting to minimize the risk of slipping.

- **Turning on lights**

Use dipped-beam lights to improve visibility and be visible to others.

- **Beware of puddles**

Deep puddles can hide holes and other obstacles. Reduce speed and do not drive through it.



# Driving in the snow

- **Winter tyres**

Use winter tyres that provide better grip on snow and ice. Make sure they are in good condition.

- **Chains on wheels**

In extreme conditions, use wheel chains, especially on mountain roads.

- **Turning on lights**

Use low beam or high beam. Remember to turn on fog lights in case of heavy snowstorm.

- **Gentle manoeuvres**

Avoid sudden steering movements, braking and acceleration. Try to move smoothly and predictably.

- **Increased distance**

Increase the distance from the vehicle in front of you to have more time to react in case of a sudden stop.





## Driving during fog

- **Fog lamps**

Turn on the front and rear fog lights to improve visibility. Remember not to use high beam, as they can bounce off fog and impair visibility.

- **Speed reduction**

Adjust the speed to the conditions. Dense fog significantly reduces visibility, which requires slower driving.

- **Increased distance**

Keep a greater distance from the vehicle in front of you so you have more time to react.

- **Watch out for the road line**

Try to follow the road line or curb to keep the right track.

- **Avoiding overtaking**

Avoid overtaking unless absolutely necessary. If you need to overtake, make sure you have enough space and good visibility.



## Universal security rules

Difficult weather conditions such as rain, snow, fog or icing significantly increase the risk of road accidents. Road safety in such conditions requires special attention from drivers, the ability to adapt and observe the basic rules of caution. How to safely move in difficult weather conditions?



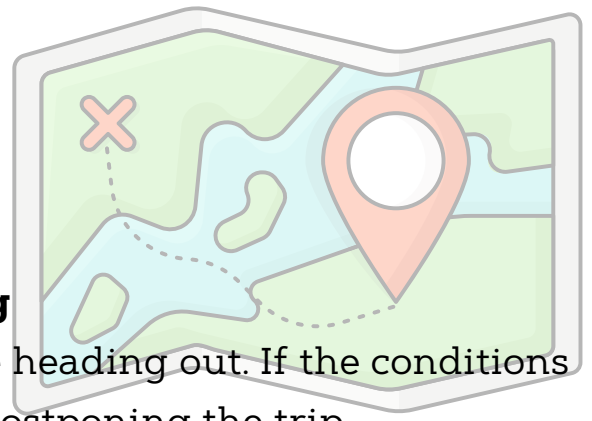
## Route planning

- **Weather forecast monitoring**

Check the weather forecast before heading out. If the conditions are extremely difficult, consider postponing the trip.

- **Avoiding dangerous sections**

If possible, avoid high-frequency road accidents in harsh weather conditions.



## Driving technique

- **Smooth maneuvers**

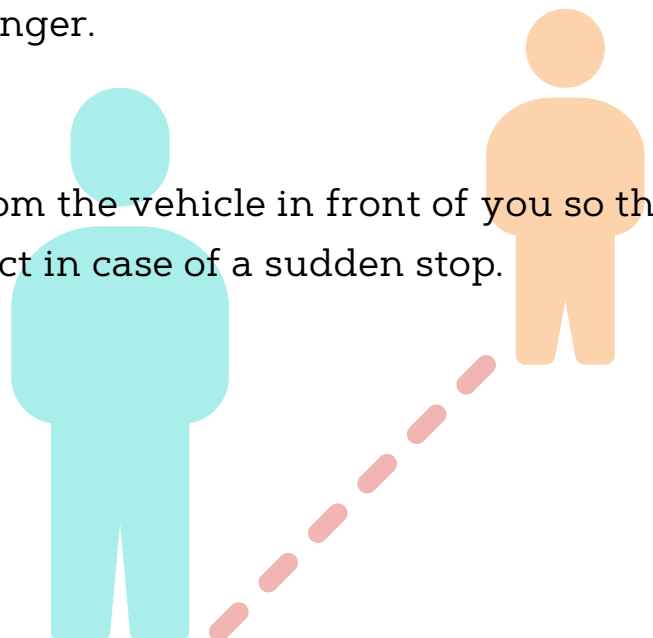
Avoid sudden steering movements, braking and acceleration. Drive smoothly to minimize the risk of slipping.

- **Speed adjustment**

Always drive at a speed adapted to current road and weather conditions. Remember that in difficult conditions the braking distance is significantly longer.

- **Increased distance**

Keep a greater distance from the vehicle in front of you so that you have more time to react in case of a sudden stop.



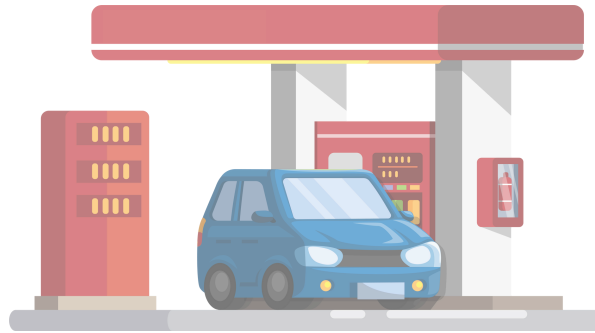
## Concentration and attention

- **No distractions**

Avoid using your phone or eating/drinking while driving. Stay focused on the road and your surroundings.

- **Frequent breaks**

On long routes, take regular breaks to rest and stay alert.



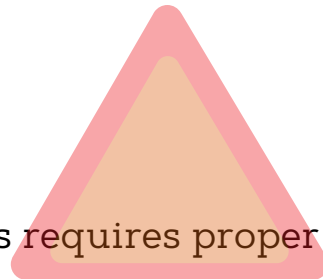
### Possible stop

- **Safe location**

If conditions are extremely difficult, stop in a safe location, away from traffic. Wait until conditions improve before you move on.

- **Use of emergency lights**

In the event of a breakdown or the need to stop on the side of the road, turn on the emergency lights to be visible to other drivers. Remember the warning triangle!



Safe driving in challenging weather conditions requires proper preparation, adjustment of driving techniques, and special caution. Remember that your safety and the safety of other road users depend on your responsibility and caution.







## The importance of the appropriate tyres and technical condition of the vehicle

Road safety largely depends on the technical condition of the vehicle you are driving. For car drivers, proper tires and regular maintenance are key elements in ensuring safe and comfortable driving. The condition of the tires and the vehicle directly affects traction, stability, braking efficiency, and the overall behavior of the car on the road, especially in challenging weather conditions.



Key aspects related to tires include:

- **Tread depth**

The minimum tread depth is regulated by law and is typically 1.6 mm. Tires with tread depth below this value lose the ability to effectively channel water, increasing the risk of aquaplaning (a water wedge forms between the tire and the road surface, preventing the tread from draining water).

- **Tire pressure**

Proper tire pressure is crucial for optimal grip, driving comfort, and fuel efficiency. Low pressure increases fuel consumption and the risk of tire damage, while excessively high pressure can reduce grip and driving comfort.

- **Type of tires**

Depending on weather conditions, drivers should use the appropriate tires: summer, winter, or all-season tires. Winter tires have a special tread pattern and rubber compound that provide better traction on snow and ice.

The technical condition of the vehicle is another crucial factor influencing safety. Regular technical inspections and maintenance allow for the detection and repair of potential faults before they become serious hazards on the road.

Key areas to pay attention to include:

- **Braking system**

Regular checks of brake pads, discs, and brake fluid levels are essential.

- **Steering and suspension**

A functional steering system and properly working suspension ensure stability and control over the vehicle. Issues in these areas can lead to difficulty controlling the car and increased accident risk.

- **Lights and signaling**

Working lights and turn signals ensure the vehicle's visibility and communication with other road users. Regular inspection and replacement of burnt-out bulbs are necessary.

- **Operating fluids**

Engine oil, coolant, windshield washer fluid, and other operational fluids must be regularly checked and topped up to ensure the proper functioning of the vehicle.

- **Battery**

Check the battery's condition, especially before winter. Ensure it's fully charged and that there is no corrosion on the terminals.

- **Mandatory and emergency equipment**

Always carry mandatory equipment in your car (fire extinguisher and warning triangle) and emergency supplies, such as a first-aid kit, towing rope, reflective vest, and spare bulbs.







# 8. FIRST AID ON THE ROAD

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Providing first aid on the road can save lives. Every driver should know the basic principles of first aid and understand how to contact emergency services.



# What to do in case of an accident?

## Stay calm

- Traffic accidents are stressful, but it is crucial to remain calm. Panic can lead to wrong decisions.

## Ensure Your Safety

- Stop your vehicle in a safe location and turn on the hazard lights.
- Place the warning triangle to alert other drivers.

Ensure the accident scene is safe for providing assistance.

## Assess the situation

- Evaluate the number of injured people and the type of injuries.
- Check if the victims are conscious, breathing, and have circulation.

## Call for help

- Call emergency number 112.





## **Airway**

Ensure the injured person's airway is clear. If the person is unconscious, gently tilt their head back and lift their chin to open the airway.



## **Breathing**

Check if the injured person is breathing. Look for chest movement, listen for breathing sounds, and feel for air on your cheek.



## **Circulation**

Check if the injured person has circulation (pulse). The easiest way to check is by feeling the carotid artery.





**Cardiopulmonary resuscitation (CPR)**  
**If the injured person is not breathing,**  
**immediately begin cardiopulmonary**  
**resuscitation (CPR).**

### **Chest compressions**

Kneel beside the injured person, place your hands in the center of their chest, and perform 30 firm compressions (about 100-120 per minute) to a depth of 5-6 cm.



### **Rescue breaths**

After 30 compressions, give 2 rescue breaths by tilting the injured person's head back and covering their mouth with yours. Make sure the chest rises with each breath.



## Injury stabilization

- **Bleeding**

If the injured person is bleeding, use a clean material to press on the wound to stop the bleeding. Avoid removing embedded items, instead stabilize them in place.



- **Fractures**

Stabilize the broken limb by immobilizing it with improvised splints or bandages.



## Recovery position

If the injured person is breathing but unconscious: Place them in the recovery position. Lay them on their side with the leg and arm in a stable position to prevent choking.



# Call for help

## Emergency number

In Europe, the universal emergency number is 112. In Poland, you can also call 999 (ambulance) or 998 (fire department).



## Information to provide

- **Location**

Specify the exact place of the accident, the town, the name of the street or describe in as much detail as possible the area, landmarks, etc.

- **Description of the situation**

Describe what happened, how many people are injured, and their condition. Provide information about potential hazards (e.g., fire, fuel spill).

- **Contact information**

Give your name, surname, and phone number so that rescuers can contact you if necessary.



## Actions after calling for help

- **Do not hang up first**

Wait until the operator says you can end the conversation.

- **Providing further assistance**

Continue providing first aid until the rescuers arrive. Follow their instructions if they give guidance over the phone.



The logo for the Government Security Center (RCB) is centered on a dark gray background. It features the letters 'RCB' in a large, serif font. The 'R' and 'C' are light gray, while the 'B' is a vibrant red. Two thin, vertical red lines are positioned on either side of the 'B', extending from the top of the letter to the bottom of the frame.

# RCB

Rządowe Centrum  
Bezpieczeństwa

**Some of the graphics were generated with  
the help of AI**