

LOGISTICS

Focus



SAFETY FIRST: National Brake Road Safety Week – Bike Smart

All Royal Mail Drivers have a responsibility to drive safely and minimise risk to themselves and the public. As part of business-wide focus on road safety, we are sharing a series of Road Safety messages with drivers in Logistics; the next is 19 – 25 November 2018, on **Bike Smart**.



Background and context

This National Brake Road Safety Week (19-25 November) we are raising awareness of the safety of those on two wheels and encouraging everyone to be Bike Smart.

Cyclists and motorcyclists are among the most vulnerable road users in the UK, with more than 100 riders injured every day in needless, preventable collisions.

Facts and Figures

- 100 cyclists are killed, 3000 seriously injured and there are 18,500 casualties every year in the UK
- 300 motorcyclists are killed, 5,500 seriously injured and there are 19,500 casualties every year in the UK
- 45% of all cyclists and 41% of all motorcyclists' deaths occur at or near junctions.
- Last year there were 38 cyclists and 6 motorcyclists involved in RTC's with Royal Mail Group vehicles – in the last two years 2 were seriously injured and 2 motorcyclists were killed.
- 67 claims have been settled during last year that involved cycles or motorcycles costing half a million pounds.

So what can you do as a professional driver?

Take time to look properly before you pull out at junctions.

Turn your head to look, don't just rely on a sideways glance. Bikes are smaller and narrower than cars and it can take longer for our eyes and our brain to notice them. Turning your head and looking for longer will help you to spot bikes and judge their speed and distance, so you can pull out safely and avoid a collision. Do not park on junctions as it can obscure other driver's view of approaching cyclists and motorcyclists.

Leave plenty of room when overtaking or passing bikes.

When passing a bike, you need to give as much space as you'd give another car when overtaking. This means at least 1.5 metres between you and the rider.

Avoid car dooring by using the Dutch reach to check for bikes.

Instead of using the hand nearest the door to open it, reach across with your opposite hand. This forces you to turn your head so you can check for bikes before you open the door.

Hours of Darkness

Not all cyclists display lights on their cycles or dress in bright colours so be more vigilant when driving during the hours of darkness especially at peak times which coincide with school/college start and finish times.