**Traffic signals**

**TS01.1 Standard signals**

- RED means stop
- AMBER means stop unless you are so close to the stop line that it would be dangerous to try and stop
- GREEN means you may go ahead or turn with care
- The sequence is GREEN - AMBER - RED

**TS01.2 Arrow signals**

Signals in the form of arrows apply to the direction of travel indicated by the arrow.

**TS02 Pedestrian signals**

- RED means that pedestrians must not cross the road
- Steady GREEN means that pedestrians may cross with care
- Flashing GREEN means that pedestrians must not start to cross as the RED signal is about to come on.

**TS03 Railway crossing signals**

- RED flashing signals mean stop.
M44.1 Diverge arrow - ahead of left turn lane
M44.2 Diverge arrow - ahead of right turn lane
M51 Chevron marking - merging - do not cross
M52 Chevron marking - diverging - do not cross
M53 Traffic island marking - between opposing directions - do not cross.
M71 Parking bay
M61 Give way marking
M62 Text marking - STOP
M63 Speed limit marking
Transverse Markings

M31 Stop line
M32 Give way line
M33 Uncontrolled pedestrian crossing
M34 Signal-controlled pedestrian crossing
M35 Hump

Other Markings

M41 Lane arrow - ahead only
M42 1 Lane arrow - left turn only
M42 2 Lane arrow - right turn only
M43 1 Lane arrow - ahead or left turn
M43 2 Lane arrow - ahead or right turn

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**FOREWORD**

This new edition of the Highway Code is designed to set the standard of safe and considerate behaviour for all road users - including pedestrians, passengers, and cyclists, as well as drivers of motor vehicles. It contains some simple rules and advice on how to travel safely on the road and allow others to do the same.

Every year over 2,000 persons die on our roads and 40,000 are seriously injured. Each of these persons has a family and friends who are also affected, emotionally and otherwise. Those families whose main earner is killed or disabled may struggle to survive. It can happen to any of us. We must do more to reduce the human and material losses caused by road accidents.

Calling them “accidents” implies that they are unavoidable, but the reality is that almost all of them can be prevented or avoided if road users take more care. Drivers of motor vehicles have a special responsibility for the safety of their passengers, and other more vulnerable road users.

It is my sincere hope that this new Highway Code will be studied carefully by all who use our roads. If everyone follows it, and shows more courtesy and consideration for other road users, we will get to our destinations more safely and smoothly.

John M Nasasira

Minister of Works and Transport

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**Lane lines**

<table>
<thead>
<tr>
<th>M11</th>
<th>Continuous lane line</th>
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*Do not cross.*

<table>
<thead>
<tr>
<th>M12</th>
<th>Broken lane line</th>
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*You may cross if it is safe to do so*

**Edge lines**

<table>
<thead>
<tr>
<th>M21</th>
<th>Standard edge line</th>
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</table>

*Marks the edge of the carriageway*

<table>
<thead>
<tr>
<th>M22</th>
<th>Continuity line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Marks the edge of the carriageway at junctions and lay-bys*

<table>
<thead>
<tr>
<th>M23</th>
<th>No parking line</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tr>
</tbody>
</table>

*No parking*
Road Markings

Dividing(centre)lines

M01 Continuous dividing line

You MUST NOT cross the line.

M02 Double continuous dividing line

You MUST NOT cross.

M03 Broken dividing line

You may cross if it is safe to do so

M04 Combination of continuous and broken dividing line

You may cross if the line nearest to you is a broken line

M05 Zig-zag line

Approaching a zebra crossing - do not overtake

INTRODUCTION

The *Highway Code* explains how to use our roads safely. It has been written for all road users, including pedestrians, passengers, cyclists, motorcyclists, and drivers.

The *Highway Code* is the official guide to using our roads, as provided for in the Traffic and Road Safety Act, 1998. It is a mixture of **rules** and **advice**. The **rules** are part of the traffic laws and if you disobey them you are committing an offence. You may be fined and disqualified from driving. You can also be sent to prison. Where you see the words “**MUST**” or “**MUST NOT**” it is referring to a legal requirement. You will also see an abbreviated reference to the legislation which creates the offence. An explanation of the abbreviations can be found at the end of this section. Legislation can change and you should seek advice from your local police if in any doubt about the current rules.

Applying the rules and advice in the *Highway Code* will reduce the risk of you being involved in a crash. In the event of a crash, your failure to follow the *Highway Code* may be used as evidence that you were at fault.

The *Highway Code* groups the rules and advice according to the type of road user. This is for easy reference, and to allow for the production of separate *Highway Codes* for each road user group. Nevertheless, it is recommended that everyone reads all parts of the Code in order to generate better understanding between road users.

The *Highway Code* tries to explain things in simple language, but some of the terms used may be unfamiliar to you, or have a slightly different meaning to what you are used to. A short guide is given below:

- **“Dual carriageway”** means a road where the opposing flows of traffic are physically separated
- **“Driver”** means any person who drives a motor vehicle or other vehicle
(including a cycle) or who guides animals on a road

“Give way” means that a driver must slow down, or stop if necessary, to allow other traffic to proceed

“Lane” means part of a road which has been marked out for use by one moving line of vehicles

“Zebra crossing” means the part of a road which is painted with white stripes

“Road user” means anyone travelling, or present on a road, or in a vehicle on a road

“Vehicle” means any machine propelled along the road by any power, and includes pedal cycles, hand carts, and animal-drawn carts.

Road traffic law
TRSA Traffic and Road Safety Act, 1998
TRS(W)R Traffic and Road Safety (Weighbridges) Regulations, 1998
TRS(PAL)R Traffic and Road Safety (Prescribed Alcohol Limit) Regulations, 2004
TRS(RoR)R Traffic and Road Safety (Rules of the Road) Regulations (under preparation)
TRS(TS)R Traffic and Road Safety (Traffic Signs) Regulations (under preparation)
TRS(SL)R Traffic and Road Safety (Speed Limits) Regulations (under preparation)
TRS(MP)R Traffic and Road Safety (Mobile Phones) Regulations (under preparation)
TRS(SB)R Traffic and Road Safety (Seat Belts) Regulations (under preparation)

Supplementary Plates
800 m
For 800 m
S01 Distance to hazard or regulation
S02 Extension of hazard or regulation
S03 Direction in which message applies

S11 Vehicle category for which message applies - bus
S12 Vehicle category for which message applies - truck
S13 Vehicle category for which message applies - car

S14 Vehicle category for which message applies - motorcycle
S21.1 Variable text message - one line
S21.2 Variable text message - two lines

S10 Rest area
I30 Camp site
I31 Airport
I32 Tourist attraction
TOURIST SYMBOL
I51
I26 Workshop
I27 Refreshments
I28 Restaurant
I29 Hotel
ADVICE FOR ALL ROAD USERS

BE FIT AND WELL
You have to be fit and well to use the road safely. If you are not well, do not drive. Get help if you want to walk somewhere. Do not use the road if you have been using alcohol or drugs to the extent that you are not fully in control of yourself. If you are taking medicine ask your doctor for advice on whether you should drive. Carry some means of identification.

BE RESPONSIBLE
You have a duty to avoid doing anything that might result in harm to others. This includes things that are known to be dangerous, such as speeding, drinking and driving, and overtaking at a bend.

CONCENTRATE
Safe use of the road requires your full concentration, whether you are a driver or a pedestrian. Do not let others distract you.

BE CALM AND PATIENT
Avoid getting angry about the bad behaviour of others. Never try to punish them. Be patient in traffic jams, and do not make things worse by trying to get ahead of those in front of you.

BE HELPFUL TO OTHERS
If everyone follows the rules and is helpful to others there will be less delays. Selfishness makes things worse for everyone and can be dangerous.

PROTECT THE VULNERABLE
You have a duty to protect and assist old people, the disabled, and children. Drivers of motor vehicles must take extra care when sharing the road with those who have little protection against injury – this includes all pedestrians, cyclists and motorcyclists.
FOR PEDESTRIANS

Walking along the road
Use the footpath where there is one. If there is no footpath walk along the
RIGHT EDGE of the road FACING the vehicles that are coming towards you.

If there is more than one of you, walk in single file (one behind the other),
especially on narrow roads and at night. Darkness increases the danger greatly,
so after dark wear something white or bright. Carrying a torch, or wearing a
reflectorised belt or arm band, will make you much safer.

Allow time for vehicles to stop or change direction
Many pedestrians think that vehicle drivers can easily see them and avoid them.
But it is not easy to see a pedestrian from a distance, and moving vehicles
cannot stop or change direction suddenly. At night you can see a vehicle with its
lights on long before its driver can see you. Drivers have difficulty seeing what is
behind them, so watch out when vehicles are reversing towards you. You
must look after your own safety, and not expect too much from drivers.
Guidance Signs

G01.1 Map-type advance direction sign - roundabout - Primary roads

G01.2 Map-type advance direction sign - roundabout - Other roads

G02.1 Map-type advance direction sign - crossroads - Primary roads

G02.2 Map-type advance direction sign - crossroads - Other roads

G03.1 Map-type advance direction sign - T-intersection - Primary roads

G03.2 Map-type advance direction sign - T-intersection - Other roads

G04.1 Stack-type advance direction sign - Primary roads

G04.2 Stack-type advance direction sign - Other roads

Crossing the road - THE CROSSING RULES

Find a safe place to cross
Choose a place where you can see clearly in all directions. Never cross behind buses or parked vehicles or at other unsafe places. It is safer to cross at traffic lights, zebra crossings, overhead pedestrian bridges, traffic islands, or where there is a police officer. It is worth walking a little out of your way to get to a safe place to cross.

Stop at the edge of the road

Look all around for vehicles and listen
Vehicles could come from any direction, so look carefully. Listen too, because you can sometimes hear motor vehicles before you see them.

When there are no vehicles near, walk straight across the road - but keep looking and listening
If there are vehicles coming, let them go past. Remember that vehicles cannot stop quickly. When it is safe, walk straight across the road - do not run. Keep looking and listening in case there are any other vehicles you did not see.
**Crossing at a Zebra crossing**
If there is a zebra crossing nearby, use it. Give drivers plenty of time to see you and to stop before you start to cross. Drivers are required by law to stop, once you have stepped onto the crossing, but do not cross until they have stopped. Then walk straight across, but keep looking both ways and listen. If there is a traffic island in the middle of the crossing, wait on the island and follow the same rules before crossing the second half of the road – it is a separate crossing. Do not climb over or through guardrails (metal fences) to cross the road. Use the gaps provided.

**Crossing at pedestrian signals**
In some places there are traffic light signals which instruct the traffic when to stop and pedestrians when to cross. When the red “standing man” signal is showing do not cross. When the lights change to show a steady green “walking man” signal check that the traffic has stopped and then cross with care. After a while the green signal will start to flash, and this means that you should not start to cross, because it is about to change back to red.

**Other controlled crossings**
If there is a police officer, traffic warden, or other authorised person controlling traffic, you must obey their signals. Always cross in front of them.

**Child safety**
Children do not realise how dangerous the road is. Young children (especially under the age of 10) cannot judge speed and distance well enough to be able to cross the road safely. And because they are children they may sometimes do silly things. So children’s safety depends on you. Never let young children walk on the road or footpath alone. Walk between them and the traffic, and hold their hands firmly.
Prohibitory Signs
*Temporary signs have yellow backgrounds*

- R41 No Left / Right turn
- R42 No U Turn
- R43 No overtaking
- R44 No overtaking by goods vehicles
- R45 No use of horn
- R46 Compulsory stop
- R47 No Parking
- R48 No stopping
- R49 Speed limit
- R51 End of restriction
- R52 End of Speed limit

Mandatory Signs

- R61 Stop
- R62 Give way
- R63 Temporary traffic control - STOP
- R64 Temporary traffic control - GO

Children learn by example, so always use the CROSSING RULES when crossing the road with them. Show them the safest routes to the shops, school and play areas. Never let your children play on the road or run after moving vehicles - tell them there is a big risk of being killed or badly injured. Tell them not to throw stones at vehicles.

**Help others**
Be a friend to older persons and the disabled – or anyone having difficulty crossing the road. Help them cross the road safely using the CROSSING RULES. You can be their eyes and ears.

**Feeling well**
You need to be feeling well to use our roads safely. If you are not well, mentally or physically, get a friend or relative to go with you on your journey.

**Concentrate and be patient**
You need to concentrate on staying safe, especially on busy roads and when crossing roads. Do not let others distract you. Think ahead, avoid
dangerous situations, and be ready to act quickly if a vehicle comes too close. Do not be in such a hurry that you take unnecessary risks – your life is not worth the few seconds or even minutes that you might save.

**Processions**
Groups of people should keep to the left side of the road. Use the footpath if there is one. Persons wearing bright or light-coloured clothing, preferably a high-visibility jacket with reflective strips, should be positioned at the front and back of the group to watch out for traffic. You **MUST** get permission from the police if there are 200 or more persons in the group.

*TRSA s.134*

**Alcohol and drugs**
Never take alcohol or drugs that make you incapable of walking along the road safely - or crossing it safely.

**DON’T FORGET!** In 2002 37% of the people killed on our roads were pedestrians. Don’t become another dead pedestrian. Take extra care and do not expect too much from drivers and their vehicles. When crossing the road, follow the CROSSING RULES. Don’t drink and walk.

**Parents and teachers!** Roads are very dangerous for young children. Don’t let them use the roads alone. Teach them the CROSSING RULES as soon as they are old enough to understand them. Practice them together.

**Regulatory Signs**
*Temporary signs have yellow backgrounds*

- R01 No entry for any vehicle
- R02 No entry for motor vehicles
- R03 No entry for motor vehicles except motorcycles
- R04 No entry for trucks
- R05 No entry for buses and coaches
- R06 No entry for motorcycles
- R07 No entry for tractors or slow-moving vehicles
- R08 No entry for cycles
- R09 No entry for pedestrians
- R10 No entry for animal-drawn vehicles
- R21 Length limit
- R22 Height limit
- R23 Width limit
- R24 Gross weight limit
- R25 Axle weight limit
**FOR PASSENGERS ON BUSES, TAXIS, MOTORCYCLES AND CYCLES**

Your safety is very much in the hands of the driver but there are things you can do to help make your journey a safe one:

**Always:**
- Wait for buses, taxis and Boda-Bodas to pick you up at safe places such as proper bus and taxi stops
- Wait for the vehicle at the side of the road – not on the road
- Let the vehicle come to a complete stop before getting on or off
- Always let the other passengers get out first before you get in
- Be careful when opening the door of a vehicle - it may hit someone
- Get down from the vehicle only at proper stops at the side of the road
- Use the seat belt if there is one

**Never do these things:**
- Never get into a vehicle that looks to be in bad condition
- Never get onto a motorcycle or pedal cycle if it is already carrying a passenger
- Never push others while getting in or out of a vehicle
- Never distract the driver
- Never encourage the driver to speed or drive dangerously
- Never interfere with the controls of the vehicle (including the air conditioning and music system)
- Never sit with your head or arm out of the window - you could be seriously injured by a passing vehicle
- Never hang onto the outside of a vehicle
- Never travel on the roof, because it is much more dangerous than being inside
- Never allow a young child to sit at the front
- Never sit at the front if carrying a baby or young child
- Never throw things out of the window
• Never be a nuisance to other passengers
• Never accept food or drink from strangers
• Never carry dangerous items such as cans of petrol
• When you get out, never cross the road immediately in front of or behind the vehicle - drivers of other vehicles will not be able to see you

Whenever possible:
• Do not travel in the back of trucks and other vehicles meant to carry goods only
• Do not get into vehicles which are already full

Encourage drivers to drive in a safe and calm manner. Complain to them in a friendly way, if they drive dangerously, if you see them drinking alcohol, or if they let an unqualified helper drive. If they do not behave sensibly, get out of the vehicle at the next stop, note down the vehicle’s registration number and tell the Police. Better to lose the money you have paid for the trip than to lose your life.

Discourage drivers and helpers from allowing extra passengers to get on board if the vehicle is already full.

DON’T FORGET!
Passengers on public service vehicles have a right to safe travel. Try to choose a vehicle in good condition that is not overcrowded. Don’t suffer in silence if the driving is frightening. Complain in a friendly manner, but, if the driver ignores you, get out of the vehicle at the next stop.

Warning Signs (continued)

W46 Cyclists in the road
W47 Agricultural vehicles
W48 Domestic animals
W49 Wild animals

Hazard marker signs

W61 Long chevron
W62 Short chevron
W63 T-intersection chevron
W64 Roadside hazard plate
W65 Roadway hazard plate
W66 Delineators
Warning Signs (continued)

W15 Two-way traffic
W21 General warning
W22 Height restriction
W23 Uneven road
W24 Hump
W25 Drift
W26 Narrow bridge
W27 Loose gravel
W28 Slippery road
W29 Falling rocks
W30 Dangerous descent
W31 Steep ascent
W32 Quay or river bank
W33 Low flying aircraft
W34 Crosswind
W41 Railway crossing with gate or barrier
W42 Railway crossing without gate or barrier
W43 Pedestrian crossing
W44 Pedestrians in the road
W45 Children in the road

FOR PERSONS IN CHARGE OF ANIMALS

You MUST keep any animal in your charge under proper control. This applies whether you have one animal or a large herd. Never allow animals to graze at the roadside.

TRSA s.134

When herding animals along the road keep them into the left side. Where there are more than ten animals you should have two persons, one at the front and one at the back. At danger points such as sharp bends and the top of hills send the one at the front ahead to warn other road users. On high-speed roads you should also have flagmen to warn approaching traffic – one of them should be 100m in front of the herd, and the other one should be 100m behind the herd. Never herd animals along the road at night. Never let young children herd animals on or near the road.

Never allow animals to roam in town. You MUST have a permit from the Police if you want to herd more than 50 animals along any road or street.

TRSA s.134
KEEPPING OUR ROADS SAFE

The road has been provided for travel and transport. Use it safely. Do not misuse it or obstruct it in any way, because this can cause crashes.

YOU SHOULD NOT DAMAGE THE ROAD AND FOOTPATH

• by blocking the road drains
• by removing traffic signs or obscuring them with posters - traffic signs help make the road safe
• by digging up the road or footpath without permission
• by letting waste water or farm water flow over the road
• by spilling diesel or oil on the road - this melts the tar and makes a hole
• by overloading your vehicle
• by carrying or towing anything which drags along the road
• by using a tracked vehicle (such as a bulldozer with tracks or chains).

YOU SHOULD NOT BLOCK THE ROAD AND FOOTPATH

• by dumping rubbish
• by leaving bricks or sand or other building material on the road
• by putting anything on or across the road which might be dangerous to traffic
• by selling goods on the road or footpath
• by using the road for the repair of vehicles
• by erecting signs
• by drying agricultural produce on the road or footpath
• by allowing your cattle to stray on the road.

YOU SHOULD NOT BLOCK THE ROAD YOURSELF

• by sitting or standing in the road talking to others
• by playing in the road - or letting children play in the road
• by walking in the road when there is a footpath you could use
• by holding demonstrations or celebrations without permission from the Police or without proper supervision.

TRAFFIC SIGNS, SIGNALS AND MARKINGS

Warning Signs
Temporary signs have yellow backgrounds

W01 Sharp curve
W02 Hairpin curve
W03 Combined curves
W04 Crossroads
W05 Side road
W06 T-intersection
W07 Y-intersection
W08 Staggered intersection
W09 Roundabout
W10 Traffic signal
W11 Road narrows both sides
W12 Road narrows one side
W13 Dual carriageway ends
W14 Dual carriageway ahead
5. raising the legs slightly to keep blood flowing to the head. An injured person should never be given anything to eat or drink. If they are thirsty, moisten their lips with water. Never give a casualty any medicines or apply anything but clean water and dressings to wounds.

7. Recovery position
This is a stable position with the casualty on their side, to prevent choking on their tongue or vomit if unconscious. The head is slightly tilted back, the lower arm is out at a right angle, the hand of the upper arm is under the cheek, the lower leg stretched out, and the upper leg bent in a right angle as shown in the illustration.

8. Get the injured to hospital
Make arrangements to get the injured to the nearest hospital as soon as their condition has been stabilised by First Aid.

---

**BASIC RULES AND ADVICE FOR ALL DRIVERS**
*(including motorcyclists, cyclists and drivers of other wheeled vehicles)*

1. **Before you set off**

   **YOU:**

   - **MUST** hold a valid driving permit for the class of vehicle you are driving (except for drivers of non-motorised vehicles)
   - Must be feeling well - not ill or tired
   - Must be able to see properly - wear glasses if necessary
   - **MUST NOT** be incapable of controlling the vehicle due to having drunk alcohol or taken drugs (you **MUST NOT** drive with a breath alcohol level higher than 35 µg/100ml or a blood alcohol level of more than 80 mg/100ml). If you are a bus or truck driver you **MUST NOT** drink **ANY** alcohol.
   - Must make sure that any children are carried in the rear seats of the vehicle and are under the control of a grown-up person - fit child seats for young children
   - **MUST** wear the seat belt, -this applies to your passengers too (front and back seats)
   - Must adjust your seat and mirrors so that you can see all round the vehicle
   - Must wear a safety helmet (with the chin strap fastened) if you are on a motorbike or moped - this applies to your passenger too.

   *TRS A s.35 s.111 s.112  TRS(PAL)R  TRS(SB)R*

   Avoid wearing loose footwear, such as sandals and slippers, as these can prevent you controlling the vehicle properly. They are especially dangerous when using motorcycles or cycles, because they leave the feet unprotected. Holding a package, person or animal while driving is dangerous. Put packages and other objects in a safe place where they will not be thrown about and hurt people if the vehicle stops quickly. Keep animals under control.

   It is advisable to have your driving licence, or a copy of it, with you. It is good to carry a first-aid kit.
YOUR VEHICLE:
- MUST be legally insured and registered (except for non-motorised vehicles)
- MUST be in a mechanically safe condition (see box) - get help from a qualified motor mechanic if you are not sure
- MUST NOT be overloaded with either passengers or goods - make sure any loads carried are tightly fastened and do not stick out dangerously.

TRSA s.33 s.107

Regular safety check (motor vehicles):
- check wheels are in good order and nuts secure
- check there is adequate fuel, oil, water, and windscreen wash
- check that the windscreens wipers are working
- check tyres, including spare, for damage, tread depth, and pressure
- check lights and indicators are in working order
- check horn is working correctly
- check that all glass is clean inside and out, and that the mirrors and reflectors are clean
- check outside of vehicle for damage or defects
- check that tools and jack are present and in working order
- check for abnormal noise when the engine is idling

NEVER feed fuel to the engine from a jerry can inside the vehicle.

DON’T FORGET!
You are in charge of a vehicle that can easily kill someone – respect all road users
Crashes are not “accidents” – they are almost always the result of a road user making a mistake
Do not drink and drive - alcohol, even in small amounts, makes you much less able to drive properly
Wearing seat belts and motorcycle helmets saves lives and reduces the risk of serious injury in a crash

fractures or possible internal or spinal injuries should not be moved unless it is essential for their safety. If a casualty is unconscious but is breathing and not obviously badly injured, put them in the recovery position (see below) to prevent breathing problems.

5. Bleeding and injury treatment
A person can bleed to death in five minutes, so it is vital that you try and stop heavy loss of blood. First check that there is no object in the wound. If there is nothing, apply firm pressure over the wound, preferably using a sterile dressing from a first-aid kit or any other clean padding. Tie the pad over the wound with a bandage or length of cloth. If there are no broken bones, raise a bleeding limb to reduce the blood flow. When dealing with another person’s bleeding wounds it is recommended that you protect yourself by putting your hands inside clean plastic bags.

If there are broken bones, fractures or dislocations it is important to stabilise the limb and avoid movement so you don’t make the injury worse.

If there are burns, immediately cool the area with cold running water and then cover with a clean dressing.

6. Treat for shock, and comfort victims
It is also very important to recognise, prevent, and treat the symptoms of shock, as these may cause even more serious deterioration than the original injury. The signs are: a cold, pale, damp skin; fast or weak pulse; rapid shallow breathing; feeling sick; yawning or sighing.

The causes of shock are many, including: injury; drop in blood pressure; and reduction in the volume of any body fluid. As well as treating the cause, it is vital not to leave the casualty alone, and to make them more comfortable by:
1. lying the casualty down
2. loosening any tight clothing particularly round the chest and airways
3. keeping the casualty warm by covering with a blanket
4. keeping the casualty calm by reassuring and comforting
B = Breathing  Is the casualty breathing? – Check by putting your ear close to the casualty’s mouth for at least 10 seconds to hear and feel the breath. If there is no breath, then immediately give two rescue breaths by pinching closed the nostrils and breathing twice into the victim’s mouth. Check again for breathing. If there is still no breath, check for circulation.

C = Circulation  Is there a pulse? – Check the pulse by placing two fingers at the neck, and look at the casualty’s colour and pupils of the eyes. If there is no breath or circulation, call for emergency assistance immediately before continuing. Once help has been summoned, if you know the technique, then apply CPR (Cardio-Pulmonary Resuscitation) combining chest compressions with artificial respiration until expert help arrives, the victim starts breathing, or you are exhausted.

3. Get help
Expert help must be summoned as quickly as possible, normally by dialling 999 or 112. Try not to leave a casualty alone, so if possible ask others to phone or get help and to report back that they have done so. These days many people have mobile phones so there may be no need to leave the scene. It is important to give the emergency services precise information on:
- The location – street name, known landmarks or places
- The nature of the crash
- Site conditions and dangers
- Number of people injured and severity of injuries.
You should not end the call first – wait for the emergency service to confirm the details.

4. Moving casualties
Do not move any casualties unless absolutely necessary. Injured persons still in vehicles should not be removed unless there is immediate danger of fire, additional damage, or further injury. Victims suffering obvious bone

2. Driving along

Drive carefully
You MUST NOT:
- drive dangerously or recklessly
- drive carelessly or without reasonable consideration for others.
TRS A1 110 s.119

Be friendly to others
Drive calmly and help others when it is safe to do so. Don’t drive as though you are in a race against the other drivers. Don’t try and punish other drivers for the mistakes they make. Never force smaller vehicles off the road. If everyone obeys the rules and drives in a patient and considerate manner, everyone will get to their destination more quickly and safely.

Starting off
Use your mirrors and look over your shoulder to check whether the road is clear. Only move off when you can do so without causing another vehicle to brake or turn sharply to avoid you. Give a signal before starting off.

Keep to the left
You MUST drive on the left side of the road. Before starting to drive in other countries check which side of the road they drive on. Slow-moving vehicles (hand-carts, bullock carts, pedal-cycles, tractors, etc.) must keep to the edge of the road and allow faster vehicles to overtake them.
TRS(RoR)R
Slower vehicles should keep to the left edge

Don't drive over footpaths and pedestrian areas
You **MUST NOT** drive on any footpath or area intended solely for pedestrians.
TRS(RoR)R

Concentrate on your driving
Concentrate fully on your driving. Avoid talking or arguing with passengers. Don't eat, drink, read or smoke while driving. You **MUST NOT** use a hand-held mobile phone while driving. Stop in a safe place to make or receive a call.
TRS(MP)R

Practise defensive driving
Always look out for problems ahead – such as a child chasing a ball, or a vehicle approaching fast along a side road. If a bus stops ahead of you, be ready for passengers to cross the road from behind it. If there is a parked vehicle ahead with someone in it, expect them to open the door and get out without looking. When you see a possible problem, slow down and be ready to

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**FIRST AID**

Many road crash victims suffer unnecessarily, or even die, at the scene of the crash through lack of adequate care. Someone with First Aid training can often prevent a victim’s condition from worsening and may save their life. The aims of First Aid are to:

1. Preserve life
2. Prevent a casualty’s injury or illness from getting any worse
3. Promote recovery

First Aid training is available in many centres and from organisations such as the Red Cross and St John Ambulance, and it is well worth learning these skills. **But even if you have no First Aid training there are some simple things you can do to help the injured**, and these are described below in order of priority.

1. **Prevent further danger and make safe**
   First of all assess the danger to yourself, the victims and others. Make the situation safe before approaching. You do not want to become a casualty yourself. Warn and control approaching vehicles to prevent further crashes. Ask other people to help you with this. If there is a danger of fire, make sure no-one smokes or uses lighters or matches.

2. **Emergency treatment**
   The most important thing is to preserve life. Remember “Dr A.B.C.” This stands for:
   - **D = Danger** Is there continuing danger to the injured? – Try to make safe. Protect the casualty and keep curious onlookers away.
   - **R = Response** Is there any response from the casualty? – Look for reactions to voice commands or touch. If there is no response check the airway (throat).
   - **A = Airway** Is the airway (throat) clear? – Tilt the head back gently to open the mouth, check the tongue is not blocking the throat and clear any obvious obstructions, then check for breathing.
IF THERE IS A CRASH

If you are involved in a crash, or stop to help:
• warn other vehicles by switching on your hazard warning lights (double indicators) (if you are driving a motor vehicle) and, if necessary, wave to other drivers to slow down
• control the traffic so as to avoid a further crash - ask other drivers and local people to help with this
• ask drivers to switch off their engines and put out any cigarettes
• arrange for the Police to be called immediately - dial 999 or 112, state the exact location of the crash and the numbers of vehicles and injured persons involved
• be prepared to give first aid - see next page
• if the injuries are serious, and there is little chance of getting help quickly, make arrangements to take the injured to the nearest hospital or clinic
• do not steal from the victims – discourage everyone else from doing so
• do not take the law into your own hands – discourage mob justice.

When passing a crash do not get distracted – concentrate on the road ahead. Obey the commands of police officers who are at the scene and stay calm if there are long delays.

If you are involved in a road crash in which someone is injured you MUST give your name and address (and the name and address of the vehicle owner, if different) to any other person involved and you MUST report the crash to the nearest police station or police officer as soon as possible.

You MUST stop and assist persons injured in a road crash, unless you fear for your own safety. If you are involved in a road crash in which no-one is injured you need not inform the Police, but you MUST give your name and address (and the name and address of the vehicle owner, if different) to any other person involved.

TRS(A)s. 125

Concentrate - use your mirrors - signal properly
Watch the road ahead and use your mirrors often so that you always know what is behind and to your side. Before you make a turn or change speed, check carefully to make sure it is safe to do so, then give the correct signal if you need to. You MUST signal if you are intending to move off from the side of the road, turn, change lanes, make a major change of direction, or slow down abruptly. Signal clearly and in good time. Cancel the signal promptly once the action is completed.

TRS(RoR)R

Traffic queues
If there is a line of stopped vehicles ahead, join the back of it. Do not try and jump the queue. Be patient. Always stop your vehicle so that you can see the rear tyres of the vehicle ahead – it may run back a little when it starts off. If you come to a zebra crossing while in a queue do not stop on the crossing - leave it clear for pedestrians to use.
Signals to other road users

Turning right

Turning left

Slowing down

Drivers of motor vehicles other than motor cycles should use hand signals only if necessary to reinforce their light signals - or if their light signals have failed.

BREAKDOWNS

If your vehicle breaks down or you have a puncture, try and move the vehicle off the road. If you cannot avoid stopping on the road in a dangerous place warn other traffic by:

• using your hazard warning lights (double indicators – both flashing together)
• putting a red warning triangle on the road at least 50m before the obstruction
  (if you don’t have one, buy one)
• getting someone to walk back along the road to warn the following traffic.

Try not to stand or work on the vehicle where you are at risk of being hit by passing vehicles. While repairing the vehicle never spill diesel or oil on the road, as they can seriously damage the surface. Make every effort to get the vehicle repaired or removed from the road before dark. If you have to leave a broken-down vehicle in the road at night, switch the parking lights on and make sure there is some sign on the road well before the vehicle to
**SUMMARY OF PENALTIES**

The penalty table below indicates some of the main offences and the associated penalties. It is for the courts to decide what penalty to impose within the range provided by the law. They may impose a fine or imprisonment or both. In addition to these penalties the courts have the power to disqualify a driver from driving for various periods. For the more serious offences the law requires that the driving permit be suspended or cancelled. *TRSA s.46*

<table>
<thead>
<tr>
<th>Section</th>
<th>Offence</th>
<th>Fine (Ush)</th>
<th>Imprisonment</th>
</tr>
</thead>
<tbody>
<tr>
<td>33(1c)</td>
<td>Using an unlicensed vehicle or uninsured vehicle</td>
<td>Min. 200,000&lt;br&gt;Max. 800,000</td>
<td>Min. 1 year&lt;br&gt;Max. 2 years</td>
</tr>
<tr>
<td>33(1d)</td>
<td>Poor condition, overloading&lt;br&gt;Excess passengers</td>
<td>Min. 300,000&lt;br&gt;Max. 1,200,000</td>
<td>Min. 6 months&lt;br&gt;Max. 2 years</td>
</tr>
<tr>
<td>107</td>
<td>Causing injury or death through dangerous driving</td>
<td>Min. 1,500,000&lt;br&gt;Max. 4,000,000</td>
<td>Min. 2 years&lt;br&gt;Max. 5 years</td>
</tr>
<tr>
<td>110</td>
<td>Reckless or dangerous driving</td>
<td>Min. 1,200,000&lt;br&gt;Max. 1,800,000</td>
<td>Min. 2 years&lt;br&gt;Max. 3 years</td>
</tr>
<tr>
<td>112</td>
<td>Driving with excess alcohol</td>
<td>Min. 300,000&lt;br&gt;Max. 1,200,000</td>
<td>Min. 6 months&lt;br&gt;Max. 2 years</td>
</tr>
<tr>
<td>119</td>
<td>Careless or inconsiderate use of a vehicle</td>
<td>Min. 100,000&lt;br&gt;Max. 600,000</td>
<td>Min. 1 month&lt;br&gt;Max. 2 years</td>
</tr>
<tr>
<td>120</td>
<td>Exceeding the speed limit</td>
<td>Min. 300,000&lt;br&gt;Max. 1,200,000</td>
<td>Min. 6 months&lt;br&gt;Max. 1 year</td>
</tr>
<tr>
<td>121</td>
<td>Driving without a permit or while disqualified</td>
<td>Min. 600,000&lt;br&gt;Max. 3,000,000</td>
<td>Min. 1 year&lt;br&gt;Max. 5 years</td>
</tr>
<tr>
<td>125</td>
<td>Failing to stop and report an accident</td>
<td>Min. 100,000 -&lt;br&gt;Max. 600,000</td>
<td></td>
</tr>
</tbody>
</table>

Penalties in the table above are those in force in 2004.

When a minor offence has been committed a police officer or traffic warden may issue a Fixed Penalty Notice which allows the offender to avoid prosecution by paying the penalty (usually Ush 40,000) within 28 days.

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**Driving when tired**

Driving when tired is very dangerous. Never start a long journey when you are tired. Avoid driving between midnight and 6 a.m. Try and take a break from driving every two hours. If you become sleepy while driving, stop the vehicle at a safe place and have a short rest or sleep. It also helps to get out of the vehicle into the fresh air. Do not use drugs to try and stay awake.

**Emergency vehicles**

When you hear the siren or see the flashing lights of an emergency vehicle (police, fire, army, ambulance) you **MUST** immediately move to the side of the road and stop and remain there until the emergency vehicle has passed. *TRSA s.123*

**Don’t forget the sequence: Mirrors-signal-action**

Whenever you drive off, change lanes, overtake, turn, slow down, or move in to the side to stop.

1. **Check in mirror**
2. **Look, Assess, Decide**
3. **Give the correct signal**
4. **Make the action**
3. **Speed**

**Drive at a safe speed for the place you are passing through**
You **MUST NOT** drive at a speed which might be dangerous to others. Keep checking your speed. For example, slow down if you are approaching a bend, narrow bridge or junction, or an area with lots of pedestrians. Select the gear which will give you most control and smooth movement. Drive more slowly if the road is wet, or if fog or smoke makes it difficult to see. And drive more slowly at night, when it is harder to see pedestrians, cyclists, and animals.

*TRSA s.110*

**Driving on unsealed roads**
Always drive more slowly on murram (unsealed) roads, steer gently, and avoid hard braking. Unsealed road surfaces are slippery, even when dry. Your tyres have 50% less grip than on a sealed road, so the risk of losing control and overturning the vehicle is much greater.

**Drive so that you can stop in time to avoid a crash**
Drive at a speed which will allow you to stop well within the distance you can see to be clear. Leave enough space between you and vehicle in front, so that you can stop safely if it suddenly slows down or stops. The safe rule is never to get closer than the overall stopping distance (see next illustration). Remember that, if you double your speed, your stopping distance increases by three times. And on wet roads and unsealed roads it may take twice as long to bring your vehicle to a stop. Large vehicles and motorcycles always take longer to stop than cars.

**Obey the speed limits**
You **MUST NOT** exceed the maximum speed limit for your vehicle (see box). Remember that a speed limit does not mean that it is safe to drive at that speed. Road and weather conditions vary and you must drive at a safe speed within the maximum speed limit. Watch out for signs that set special local speed limits.

*TRSA s.120*

**HOW TO RUN A CLEAN AND EFFICIENT VEHICLE**

It is in everyone’s interests if we keep our vehicles running cleanly and efficiently. Petrol and diesel is expensive and it makes sense to try and get more kilometres per litre. Air pollution is bad in towns and we all suffer it - vehicle exhaust is the main cause. You can save money and cause less pollution by following this advice:

**Keep your vehicle in good working condition** - a badly-maintained vehicle can use as much as 15% more fuel. Take it regularly to a skilled mechanic who can service it properly, tune it correctly, and check that it is safe. Carburettor, air filters, brakes and tyres need special attention.

**Drive smoothly and sensibly** - rapid acceleration and sudden braking wastes a lot of fuel. Use the gears fully, as this enables you to use the brakes less and gives a smoother, more comfortable, and more economic ride.

**Don’t drive too fast** - it may save you a few minutes, but it will cost you much more and increases the risk of crashes. You will use much more fuel.

**Load the vehicle carefully** - poor loading increases the consumption of fuel and can be unsafe. Remove the roof rack if you are not using it, as it increases wind resistance causing the engine to have to work harder. If luggage has to be carried on the roof rack, load it so that wind resistance is less.

**Use air conditioners sparingly** - they can use up to 20% extra fuel.

**Plan your trips and routes carefully** - don’t use your car for lots of short trips - it is a waste of money. Combine the trips that you, your family and your friends make. Sharing the car reduces car use, keeps costs low, and reduces traffic congestion and pollution. Avoid travelling during the rush hour - fuel consumption in congested areas can be almost double what it is normally.
Never do these things:
- never carry a passenger unless your cycle has been built or adapted to carry one
- never carry any load which may affect your balance
- never hold on to another moving vehicle
- never overtake a vehicle on its left side - it may be going to turn left or move in to the side of the road - only overtake on the left when the vehicle ahead is indicating that it is turning right and there is ample room to pass it on the left.
- never weave in and out of traffic or squeeze through narrow spaces between vehicles
- never ride close behind another vehicle
- never ride after taking alcohol or drugs
- never ride on the footpath or pavement at the side of the road
- never ride a cycle and drag another one.

Boda Boda riders
Read the previous section on motorcyclists – much of the advice applies to you too.

DON’T FORGET!
Cycling is good for you, but it can be risky unless you follow the rules. Choose a well-equipped bike and maintain it regularly. Other drivers can find it difficult to see you, so always wear bright clothing. At night you must have a working headlight and a rear reflector. Remember that the traffic rules apply to you too.

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**Emergency Stopping Distances**

<table>
<thead>
<tr>
<th>Speed (km/h)</th>
<th>Stopping Distance</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>12 metres or 3 car lengths</td>
</tr>
<tr>
<td>50</td>
<td>23 metres or 6 car lengths</td>
</tr>
<tr>
<td>65</td>
<td>36 metres or 9 car lengths</td>
</tr>
<tr>
<td>80</td>
<td>53 metres or 13 car lengths</td>
</tr>
<tr>
<td>100</td>
<td>73 metres or 18 car lengths</td>
</tr>
</tbody>
</table>

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**MAXIMUM SPEED LIMITS in kilometres per hour**

<table>
<thead>
<tr>
<th>Class of vehicle</th>
<th>Built-up area</th>
<th>Paved roads</th>
<th>Rural area</th>
<th>Gravel Roads</th>
</tr>
</thead>
<tbody>
<tr>
<td>Motorcycle, car, jeep</td>
<td>50</td>
<td>100</td>
<td>80</td>
<td></td>
</tr>
<tr>
<td>Van, pickup or truck weighing not more than 3,500kg</td>
<td>50</td>
<td>80</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Minibus</td>
<td>50</td>
<td>80</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Bus or coach</td>
<td>50</td>
<td>80</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Truck or other vehicle weighing more than 3,500kg</td>
<td>50</td>
<td>60</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Any vehicle towing a trailer</td>
<td>50</td>
<td>80</td>
<td>60</td>
<td></td>
</tr>
<tr>
<td>Tractors</td>
<td>40</td>
<td>40</td>
<td>40</td>
<td></td>
</tr>
</tbody>
</table>

These limits may be reduced (but not increased) by a local speed limit shown by a regulatory traffic sign. **Remember that a speed limit does not mean that it is always safe to drive at that speed.**
DON’T FORGET – Speed Kills
Driving too fast (for the conditions) is the main cause of road crashes in Uganda. Driving at 60 km/h along a road full of pedestrians is just as dangerous as driving at very high speed on a main road out-of-town. Check your speed all the time, and alter it to suit the changing conditions. THIS IS THE MOST EFFECTIVE WAY OF AVOIDING A CRASH.

The fastest drivers (those travelling at a speed higher than the average) are twice as likely to have a crash than others.

4. Signs and signals

Obey the traffic signs and traffic light signals
You MUST obey all traffic light signals and traffic signs giving orders. Make sure you also know and act on all other traffic signs and road markings. Refer to the section at the back of the Highway Code which contains illustrations of all the signs. You MUST also obey signals by uniformed police officers and traffic wardens.

TRS(TS)R

- ride in the cycle lane where provided
- obey all traffic signs, signals, and markings (including zebra crossings)
- give clear hand signals to warn other road users of your intentions (see page 22)
- keep at least one hand on the handlebars except when signalling
- look behind before moving off, overtaking, or moving into the centre of the road to turn right - follow the procedure **look - signal - action**
- be extra careful at junctions, roundabouts and the exits from bus bays and lay-bys - because drivers may not notice you amongst the other traffic
- be extra careful when overtaking stopped vehicles.

In rural areas you may cycle on village paths, but only at slow speed. Take great care not to inconvenience or cause danger to pedestrians.
FOR CYCLISTS

The traffic rules apply to you
Remember that the traffic rules apply to you too. You MUST obey all traffic signs, signals, road markings as well as instructions given by police officers. TRS(RoR)R TRS(TS)R

Choosing and maintaining your cycle
Do not ride a cycle which is too big or too small for you. Make sure your cycle is properly equipped and in good condition. For example, ensure that:
• there are reflectors at the front and back (white to the front, red to the back)
  – at night you must have a working headlight and a rear reflector
• tyres are in good condition and properly inflated
• there is a bell to warn other road users
• brakes are working correctly
• saddle is adjusted to the correct height.

Safety equipment and clothing
Because it is small, a cycle is not as visible as other vehicles on the road, especially at night and in bad weather conditions. Always wear bright or light-coloured clothing, preferably a high-visibility yellow jacket with reflective strips. Reflective arm or ankle bands will make you more visible at night. Don’t wear long or loose clothes which may get tangled in the chain or a wheel. And wearing a properly-fitting cycle helmet will greatly reduce the risk of head injury if you have a crash.

Safe cycling
When cycling:
• ride smoothly
• sit up straight
• ride on the left side of the road near the road edge
• ride in single file (one behind the other)
Use of the horn
When your vehicle is moving, use the horn only if you need to warn other road users that you are there. But remember, if drivers use the horn too much, road users will stop taking notice of it. Do not use the horn as a means of saying “hello” to people you know. Never use it to show you are angry. Do not use the horn outside hospitals, courtrooms and schools, or between 11p.m. and 6 a.m. in town. Avoid using the horn in National Parks.

Flashing headlights
Only flash your headlights to let other road users know that you are there – in situations where the horn might not be heard, or at night in town. Do not flash your headlights to show you are angry or to try and claim the right of way. If another driver flashes their headlights do not assume that it is a signal that they are letting you go first.

5. Taking care with pedestrians

Watch out for pedestrians
Pedestrians don’t have much of a chance when hit by vehicles. And many pedestrians, especially those in rural areas, are unused to traffic and do not know how dangerous the road is. Drive extra carefully and slow down to 50 km per hour or less when there are pedestrians about, particularly in crowded town centres, markets and near bus stops. Watch out for pedestrians stepping suddenly into the road from behind a parked or stopped vehicle (a bus perhaps).

Be bright - be seen
Because it is small, a motorcycle is not as visible as other vehicles on the road, especially at night and in bad weather conditions. Always wear bright or light-coloured clothing. It is recommended that you use dipped headlights in daylight to make you more visible. Don’t wear long or loose clothes which might get caught up in a wheel - the same applies to your passenger.

**DON’T FORGET!**
Motorcyclists have little protection in the event of a crash and many are killed and seriously injured on the road every year.
The main causes are speeding, dangerous actions, and failure to follow the traffic rules.
Follow the procedure **look - signal - action**

28
Watch out for pedestrians crossing the road from behind a parked

be extra careful when children are around, and when driving near schools. And be friendly to old people and disabled persons when they are having difficulty crossing the road. Let them cross if it is safe to do so. Always slow down near schools and hospitals.

If there are pedestrians crossing the road into which you are turning, you MUST stop and let them cross. TRS(RoR)R

- never overtake a vehicle on its left side - it may be going to turn left or move into the side of the road - only overtake on the left when the vehicle ahead is indicating that it is turning right and there is plenty of room to pass it on the left
- never squeeze into narrow spaces between vehicles - the drivers may not see you, and you could be squashed between the vehicles
- never drive over the footpath or traffic island in order to get ahead of vehicles in front.

TRSA s127
Zebra crossings
When coming to a zebra crossing marked with white stripes be ready to slow down and stop to let people cross. You **MUST** stop once they have stepped onto the crossing. You **MUST NOT** overtake on or near a zebra crossing, because this may make it difficult for you to see a pedestrian who has stepped onto the crossing - and will make it difficult for them to see you. For the same reason, you **MUST NOT** park your vehicle on a pedestrian crossing - or within 5 metres of one. Give pedestrians plenty of time to cross.

FOR MOTORCYCLISTS
Motorcycles and autorickshaws can turn easily and quickly and they take up little space, but this does not mean that you can take short-cuts around stopped vehicles and through junctions – or come out of side-roads in front of oncoming traffic. You may get away with it most of the time - but the time you don’t could be the death of you. Remember that the traffic rules apply to you too.

You **MUST** hold a valid driving permit for this class of vehicle.

**Always:**

- wear a safety helmet, with the strap securely fastened (an unfastened strap means that the helmet will be useless in an crash)
- wear bright clothes – preferably a high-visibility yellow jacket with reflective strips
- drive extra carefully – motorcycles are the most dangerous of all vehicles, because in a crash there is nothing to stop you, or your passenger, from getting badly hurt.

It is recommended that passengers also wear securely-fastened helmets.

**Never do these things:**

- you **MUST NOT** carry more than one passenger on your motorcycle - extra passengers make the bike unstable and they can easily fall off
- never load passengers in the middle of the road or junction
- never carry small children - it is very dangerous and you are risking their life
- never carry anyone on the petrol tank
- never wear sandals or slippers
- never carry large, heavy or dangerous loads such as glass, or allow your passenger to do so

Signal-controlled pedestrian crossings
Some pedestrian crossings are controlled by traffic light signals. They do not have white stripes. Obey the traffic light signals. Pedestrians may cross the road in front of you when your signal is at RED.

Children
Don’t expect children to behave like grown-ups. Their eyesight and hearing is more limited, and they cannot judge speeds very well. They have difficulty concentrating, and when they get into danger they may stand still in fright, instead of getting out of the way. Where there are children around slow down and take extra care.
FOR MINIBUS DRIVERS

Minibus taxis are a widely-used means of travel. They can be a safe means of travel, provided that owners and drivers take their duties seriously. Duties include:

**Keeping the vehicle in good condition**
- Regular servicing, especially tyres, brakes, lights, steering, and doors
- Keeping the seats clean and in good repair
- Proper insurance and vehicle registration
- Displaying a destination sign
- Have a first-aid kit on board.

**Loading the bus correctly**
- You **MUST NOT** squeeze more passengers into the minibus than it is licenced to carry – passengers don’t like being squashed, and it increases the risk of serious injury if there is a crash

*TRSA s.107*

**Driving the bus in a safe and sensible way**
- You **MUST** hold a valid driving permit for the class of vehicle you are driving
- You **MUST NOT** drink ANY alcohol during the period when you are on duty
- You **MUST NOT** use the horn to attract the attention of possible passengers
- Drive at a speed to suit the conditions – never drive over 80 km per hour
- Be friendly to other drivers – many minibus drivers behave as if they are competing with all other road users
- Obey all traffic rules and signs
- Be patient – do not keep changing lanes – never set off until all the passengers are seated
- Never stop suddenly to pick up or put down passengers – stop only at recognised stopping places, and always signal to other road users what you are going to do – remember **mirror** – **signal** – **action**
- Don’t talk or argue with passengers. Respect their rights.

*TRSA s.35 s.99 s.112*

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**DON’T FORGET!**

Over a third of the people killed on our roads are pedestrians. When you step out of your vehicle you become a pedestrian too. So show them more care. Slow down when you see them. They have as much right to use the road as you do.

Where there are many pedestrians around you must slow down to 50 km per hour – and if they are in the road or at the edge (no proper footpaths) you must slow down to 30 km per hour. When a pedestrian is hit by a vehicle travelling at greater than 30 km per hour they do not have much chance of surviving – in 2002 **750** pedestrians died on our roads, and another **2,000** were seriously injured.

Take special care near schools and at school-times. **235** juvenile pedestrians were killed in 2002. Treat all kids on the road as though they are your own.

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6. **Taking care with motorcyclists and cyclists**

Motorcyclists and cyclists are vulnerable on the road, because they have little protection in a collision. Drivers of larger vehicles often don’t notice them, especially when they are coming up from behind, coming out of junctions, and going round roundabouts. Always watch out for them when entering and leaving junctions.

Give motorcyclists and cyclists plenty of space when passing them. They may have to swerve to avoid a pot-hole or obstruction. If they signal that they intend to turn, slow down and let them proceed. Never overtake and turn close in front of them.

Treat carts and barrows with the same care.
7. Overtaking

Before overtaking a moving vehicle
Overtaking is risky. Ask yourself, “Do I really need to overtake?” If you must overtake, you should ensure that:
• the road is sufficiently clear ahead
• the vehicle behind is not beginning to overtake you
• the vehicle ahead is not overtaking another vehicle
• there is a suitable gap in front of the vehicle you are about to overtake.

Assess the speed of the vehicle you are going to overtake. You must not exceed the speed limit in order to overtake.

Before overtaking a stopped vehicle
Try to check why the vehicle has stopped — perhaps the driver is letting a pedestrian cross the road.

You **MUST NOT** overtake a moving or parked vehicle:
• if a vehicle is approaching from the opposite direction - unless you are sure you can do so without forcing that vehicle to slow down or swerve to avoid you
• where you cannot see far, such as at a bend or on a hill
• at junctions
• at or near zebra crossings or other pedestrian crossings
• at or near railway crossings
• where prohibited by “No Overtaking” signs or road markings.

*TRS(RoR)*  *TRS(TS)*

![“No Overtaking” sign](image)
Take extra care when turning at junctions
Slow down enough so that you can keep your vehicle under complete control. When the way is clear make a wide turn so that your wheels do not go off the edge of the road. Look out for cyclists and motorcyclists, especially those that may have come up on the inside of your vehicle when you slowed down. Use your mirrors to check this. If there are pedestrians crossing the road into which you are turning you MUST stop and let them cross.
TRS(RoR)R

Park your vehicle carefully
Bad parking is the cause of many crashes on our roads, particularly at night. Drivers who leave their vehicles on the road at places where they cannot be seen from a distance risk causing a crash - drivers may not see your vehicle in time and may run into the back of it, or hit an oncoming vehicle while trying to avoid it. You MUST NOT park or stand your vehicle without reasonable consideration for other road users. Whenever you want to stop, follow these simple rules:
• If possible choose a place where you can get the vehicle off the road
• If you have to stop on the road choose a place where other drivers can see your vehicle a long way off - never stop on bends or the top of hills or near them - do not stop at road-side restaurants and tea shops that are at dangerous places
• If you are parking on the road, get your vehicle as close to the left-hand side of the road as possible
• If you are parking on the road at night switch your parking lights on.
TRSA s.119

If the vehicle breaks down move it off the road
The rules about parking also apply when you have broken down. If a problem occurs with your vehicle you will always have enough power and control to move it to the side of the road. Stopping the vehicle in the middle of the road blocks traffic and is very dangerous. If you are forced to stop at a place where drivers cannot see you from a long way off, place a warning triangle on the road at least 50m from the back of the vehicle.
‘No overtaking’ markings

Double yellow lines where the line nearest you is broken.
This means that you may cross the lines to overtake if it is safe to do so.

Double yellow lines where the line nearest you is continuous.
This means you MUST NOT cross the lines unless it is necessary to pass a stationary vehicle or turn into a side road.

TRS(TS)R

Do not drive when tired

Driving is a difficult and tiring task. Do not drive for more than four hours without a break of at least 30 minutes - and when you stop, get out of the vehicle and walk about. Have a drink and some food, but NEVER drink alcohol, or take drugs to help you keep awake. Do not drive for a total of more than 10 hours in any period of 24 hours. Never let your helper drive when you are tired, unless they have a licence to drive your type of vehicle - park safely and get some sleep.

Never drink and drive

Drivers of trucks and buses MUST NOT drink ANY alcohol during the period when they are on duty.

TRSA s.112

Do not drive fast

Speed kills and driving fast does not make sense. You may save 15 minutes on a long journey, but you risk a serious crash, you use more fuel, and it is less comfortable for you and your passengers. Bus drivers must not race with other buses in order to get more passengers.

Keep control of your vehicle

Many bus and truck crashes happen because the driver loses control - no other vehicle is involved. Sometimes the brakes fail, but mostly it is due to speeding. Don’t try and push your vehicle to the maximum it can do - leave a little margin for safety. While driving, look for traffic signs and other clues, and drive at a speed which lets you travel the road in safety and comfort.

Watch out for children, other pedestrians, and cyclists

Slow down when you enter a trading centre or come upon pedestrians walking in the road. Remember that rural people often have little traffic experience and may not understand the dangers. Take extra care when approaching children, as they can sometimes do silly things. Slow down and be ready for the unexpected.
Take pride in driving a safe vehicle. If you have a truck or bus you **MUST** fit reflective plates on the rear of the vehicle, so that others can see you at night. Keep these plates in good, clean condition. And carry a red warning triangle that you can put on the road, in case you break down. Carry a first aid kit.

**Check that the vehicle is loaded safely**
The safety of your load is as important as the safety of your vehicle. Never overload the vehicle - it is dangerous and will damage the vehicle and the road. An overloaded vehicle is slow, difficult to handle, and likely to break down - so overloading your vehicle makes no sense. Your journey will be quicker, cheaper and much safer, if you load the vehicle properly. Follow these simple rules:
- Check that your vehicle is suitable for the load it is to carry
- You **MUST NOT** overload the vehicle – check the Traffic and Road Safety (Weighbridges) Regulations to see what the limit is
- If the load contains dangerous materials, make sure they are properly packaged and find out how to deal with them in an emergency - carry a suitable fire extinguisher
- You **MUST** always make sure that your load is secure before you move off – loose material such as sand and gravel must be covered
- Always make sure that your mirrors are adjusted so that you can see all the way down both sides of the vehicle
- You **MUST NOT** carry loads which stick out more than 1.8 metres over the back or 0.15 metres over the sides
- Always mark with red flags or markers the end of any load which sticks out at the back or sides of the vehicle. Attach red lights at night.

*TRSA s.107  TRS(W)R*

**Do not carry more passengers than the vehicle is licenced for**
You **MUST NOT** carry more passengers than are permitted by the vehicle licence. Do not carry standing passengers unless the vehicle is designed and licenced to do so. Standing passengers are much more likely to get hurt if the bus has to brake suddenly or has a crash. Never allow passengers to travel on the roof – it is very dangerous. Overloaded buses, like overloaded trucks, are slow and more difficult to handle. *TRSA s.107*

**Basic overtaking procedure**
Before you start to overtake make sure that the road is sufficiently clear ahead to enable you to overtake and return to the left side without forcing any other vehicle to slow down or turn sharply to avoid colliding with you. **If in doubt – do not overtake.** Use your mirrors to check that no-one is overtaking you. Signal before you start to move out [1]. Take extra care at night and in mist or heavy rain when it is harder to judge speed and distance.

**Remember: mirrors - signal - action**

Once you have started to overtake, [2] move quickly past the vehicle you are overtaking and leave it plenty of room. When overtaking cyclists or motorcyclists give them at least as much room as you would give a car. Move back to the left side of the road as soon as you can, [3] but do not cut in so sharply that the vehicle you are overtaking has to brake or make a sharp turn to avoid colliding with you. Check this by looking to see the vehicle in your mirror.
If you are being overtaken
Do not increase your speed when you are being overtaken. Move to the left if you can do so safely. Slow down if necessary to let the overtaking vehicle pass quickly and safely.

Overtake on the right
You MUST always overtake on the right, except when:
• the vehicle in front is signalling to turn right, and there is room to overtake on the left safely (but do not use the shoulder to overtake)
• traffic is moving slowly in lanes, and vehicles in a lane on the right are moving more slowly than you are.

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When others signal you to overtake
Sometimes the driver of a vehicle ahead of you signals that the road is clear for you to overtake him. Do not assume that the driver is right. Make your own judgement.

If the vehicle you are overtaking speeds up
If a driver you are overtaking speeds up or resists in any way, stop trying to overtake. Never get into a race with another driver. It is very dangerous.

DON'T FORGET
Careless overtaking can lead to very serious crashes.
If in doubt - do not overtake.

FOR PROFESSIONAL DRIVERS

Professional drivers, such as drivers of buses and trucks, must have advanced driving skills and good road sense. Take a pride in your safe driving, and every day you are on the road try and learn from the problems you come across on your travels. The safe driver is one who is always seeking to improve his skill and knowledge. You MUST hold a valid driving permit for the class of vehicle that you are driving. Because you are driving a big vehicle - maybe a bus with passengers - you have a special responsibility to drive safely.

TRS A s.35

Check that your vehicle is safe
This must be done before you set off in the morning and be repeated at least once during the day. Don't take chances with vehicle safety - your vehicle may run, but if you get into difficulties and have to brake hard or turn sharply to avoid a crash, will it perform correctly? You MUST ensure that your vehicle is in good working order and is not likely to be a danger to others.

TRS A s.107

Carry out regular safety checks and pay special attention to:
• tyres - damaged? too little / too much air in them? no tread? (don't forget to check the spare tyre)
• wheel nuts - loose? missing?
• suspension - broken or badly repaired springs?
• brakes - soft? - leaking brake fluid?
• steering – too loose - steering wheel has to be turned a long way before the wheels move?
• lights and indicators – not working?
• mirrors – missing or broken? - are they adjusted so that you can see down both sides of the vehicle?
• tools and jack – missing or broken?
• engine care – oil level low? - loose wires?
• first-aid kit - items missing?
8. Junctions

Approaching road junctions
Many crashes happen at junctions, so be extra careful. When driving along always look out for junctions ahead and when you see them check your position and speed. Make sure your vehicle is positioned correctly for the move you are going to make and that you are travelling at an appropriate speed. Be on the lookout for other road users and let them know what you intend to do by signalling in good time.

Sealed roads may have white line markings that divide the road into lanes. And there may be arrows marked on the road showing which lane is for which direction. Take note of these markings and get in the correct lane in good time. Keep in the lanes and do not change lanes without good reason. If you need to change lanes, first use your mirror to make sure the way is clear, and signal before you make the move. Remember: mirrors - signal – action

If there is a queue of traffic ahead in your lane, JOIN THE BACK OF THE QUEUE. Do not try and get ahead of them.

At a junction with a “STOP” sign (it may also have an unbroken white line across the road), you MUST stop at the sign - every time. Wait for a safe gap in the traffic before you move off.

TRS(TS)R

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13. Railway crossings

At rail crossings without barriers, signals or someone controlling traffic, you MUST slow down and stop before entering the crossing in order to check whether trains are coming. Never race against trains – they always have right of way. Make sure it is safe before crossing, and be particularly careful where there is more than one rail track.

TRSA s.124

Where the crossing is controlled by barriers, signals or an authorised person, you must obey them. Never try to speed up and get through a crossing while the barriers are coming down. Never set off until the light signals go off and the barriers are fully open. Let pedestrians and cyclists go first.

Never drive onto a rail crossing until the road is clear on the other side, and do not get too close to the vehicle ahead. Never stop or park on, or near, a crossing. If your vehicle breaks down on a crossing, get everyone out of the vehicle immediately and away from danger. Inform the crossing-keeper, if there is one, and follow their instructions. If there is no train coming get help to push the vehicle off the crossing. If you hear or see a train coming get clear of the crossing immediately and try and warn the train driver without putting yourself in danger.

Don’t take risks at rail crossings. If you have a collision with a train you are unlikely to survive.
At a junction with a “GIVE WAY” sign (it may also have a broken white line across the road) you MUST give way to traffic on the other road. Wait for a safe gap in the traffic before you move off.

**TRS(TS)R**

**Before you enter the junction**
Check that your path through the junction is clear. NEVER ENTER A JUNCTION IF YOUR EXIT IS BLOCKED BY STOPPED VEHICLES – it is a sure way of creating a big traffic jam. Stay back and allow other traffic to cross in front of you. Be calm and friendly, and everyone will get to where they are going more quickly.

**Do not block the junction**

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**12. Waiting and parking**

When you want to stop or park, remember mirrors - signal - action. Move off the road where possible onto an area suitable for parking. If you have to stop on the road, stop as close as you can to the side. Always check whether it is safe to park and whether parking is permitted. Before you or your passengers open a door, make sure it will not hit anyone passing on the road or footpath - watch out for cyclists and motorcyclists.

You MUST NOT park:
- carelessly or without reasonable consideration for others
- on or within 5 metres of a pedestrian crossing
- within 5 metres of a junction or rail crossing
- at a bus stop or 15 metres to each side of the sign “bus stop”
- on a footpath or pavement
- in front of vehicle entrances to premises
- on a section of road marked with two yellow centrelines, even if one of the lines is broken
- where there are parking restrictions shown by the No Parking sign, No Stopping sign and / or yellow lines along the edge of the road.

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Do not park at any other place where it would be dangerous or cause problems for other road users, for example:
- near the entrance to a school, hospital, fire station or police station
- near the top of a hill
- on a sharp bend
- alongside another parked vehicle (double parking)
- opposite a traffic island
- where you will block the view of a traffic sign.

When you are leaving the vehicle you must switch off the engine and the headlights, and make sure the handbrake (parking brake) is on. Never leave children alone in a vehicle - they may play with the controls.
11. Reversing

Reversing is risky. Ask yourself the question, “Do I really need to reverse?”. Before reversing make sure that there are no pedestrians or objects in the road behind you - remember that small children may be hidden by the rear of the vehicle. Reverse with care and never for longer than necessary. If you cannot see clearly, get someone to guide you. This person can also warn other road users to keep clear. Use reversing lights to attract attention during the day, and to see better at night.

Be particularly careful when you are reversing out of a building, a yard, or a house plot – the walls or fences may hide pedestrians who are about to walk across the opening. If possible reverse in, so that you can drive out forwards.

Never reverse from a minor side-road onto a main road. Never reverse through a major junction. Never reverse over a pedestrian crossing, or a railway crossing.

Turning right

1. Well before you turn right, use your mirrors to check that the vehicles behind you are at a safe distance
2. Give a right turn signal and start to slow down
3. Move to a position just left of the middle of the road
4. As soon as there is a safe gap in the oncoming traffic make the turn - do not take the short-cut.
Watch out for cyclists, motorcyclists and pedestrians - if there is anyone crossing the road into which you are turning, you **MUST** give way to them.

**TRS(RoR)**

### Turning left

1. Well before you turn left, use your mirrors to check that no-one is coming up behind you on your left
2. Give a left turn signal and start to slow down
3. If the way is clear make the turn keeping close to the left-hand edge of the road (drivers of long vehicles may have to move to the centre of the road in order to make the turn). Watch out for cyclists and motorcyclists who may have come up on your left-hand side – let them overtake you and get clear before you make the turn. Watch out for pedestrians - if there are pedestrians crossing the road into which you are turning, you **MUST** stop and let them cross. NEVER overtake a vehicle and cut in front of it to turn left.

**TRS(RoR)**

![Diagram of left turn](image)

- **Look in your mirror to check for motorcycles or cycles coming up on your left-hand side**

### Dip your headlights for oncoming traffic

- **You MUST** dip your headlights when following another vehicle to avoid dazzling the driver by the reflection of your lights in their mirrors
- Do not drive on your parking lights only
- In towns with good street lighting, drive with dipped headlights, but keep a good look-out for pedestrians, who can sometimes be hard to see
- Do not switch on fog lights or other additional lights, unless it is very foggy or misty
- Avoid looking directly at the headlights of oncoming vehicles - if you are blinded by headlights of other vehicles, slow down and be prepared to stop.

**TRS(RoR)**
DON’T FORGET!
Roundabouts only work if everybody obeys the rules and shows care for others. Let those on the roundabout get off it before you enter -
 ALWAYS give way to traffic from the right
Never go round a roundabout the wrong way, even if you think nothing is coming - it is very dangerous
Look out for motorcyclists and cyclists - give them room - and don’t force your way in front of them
If you go past your exit road by mistake, just go round the roundabout again

10. Driving at night and in bad weather

Driving at night is more dangerous than day driving, because it is much more difficult to see the road ahead and the other road users. The headlights of oncoming vehicles make things worse, especially when the road is wet. Drive at a speed that will allow you to stop within the distance you can see to be clear.

Drive at a speed that will allow you to stop within the distance that you can see to be clear

Try and avoid driving when the visibility is bad, such as in heavy rain or fog. All drivers can make things easier for everyone by obeying and practising the simple rules given on the next page.

Junctions on dual carriageway roads
When crossing or turning right into a dual carriageway you must not proceed until both carriageways are clear of traffic - unless the central island is wide enough to protect the full length of your vehicle.
9. Roundabouts

Roundabouts
Well before you reach the roundabout reduce your speed, decide which exit you need to take, check your mirror, and get into the correct lane (see advice below). On reaching the roundabout give way to traffic already in the roundabout. Watch out for cyclists and motorcyclists, who can be difficult to see if there is a lot of traffic. Remember that there might also be pedestrians crossing the road – from the left as well as the right.

*When turning left*
Signal left
Keep to the left lane
Give way to traffic in the roundabout
Keep to the left on the roundabout
Proceed to your exit, still signalling left

*When going straight ahead*
Keep to the left lane (unless the left lane is marked for left-turning vehicles only) - do not signal
Give way to traffic in the roundabout
Merge with traffic, staying in the left lane
Signal left after you have passed the exit before the one you want
Proceed to your exit, still signalling left

*When turning right or going full circle*
Signal right
Keep to the right-hand lane
Give way to traffic in the roundabout
Merge with the traffic, keeping to the right
Continue to signal right until you have passed the exit before the one you want, then signal left
Proceed to your exit, still signalling left

NEVER stop or park within a roundabout. When in the roundabout do not overtake a long vehicle on the inside – it might crush you against the centre island.