

AA's five golden safety tips

 By [Henrie Geysers](#)

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With just days to go before Easter weekend the AA has appealed to motorists to exercise extra vigilance during this period when the roads are exceptionally busy.



The AA reminded motorists to heed five golden rules:

- Buckle up
- Maintain a safe following distance
- Don't drink and drive
- Don't speed
- Keep your lights ON

"These seem very basic, but they could be life-saving and we urge all motorists to stick to these rules and help us reduce the awful accident toll on our roads," said an AA spokesperson.

She said the rest was common sense - if you are travelling long distances, make sure you are well rested and if you are tired, stop and rest. "It's also a good idea to make sure you have a fully stocked safety kit, warning triangle, blankets and water in your vehicle in case of a breakdown".

Pull over for a quick nap if you are over-tired

"Research shows that the most dangerous time to be on our roads is over weekends, and Easter is an even bigger risk because the roads are much busier than on a normal weekend.

"Extra caution is also necessary at night, particularly at the beginning and end of the long weekend.

"Many of our roads are under construction or in a state of disrepair, and it is advisable to drive during the day where visibility is not a further hindrance to safety," says Gary Ronald, head of Public Affairs at the AA.

Other safety hints are making sure you know the route to your destination and taking a map or GPS with in case you are venturing in an unknown part of the country.

Before the start of the journey check your vehicle carefully, paying special attention to tyres, front and rear lights, indicators, windscreen wipers, brakes and general engine condition.

Take a list of emergency contact numbers with you in the vehicle and do take a break every 90 minutes and ensure that you pull clear off the road when you stop to stretch your legs.

ABOUT HENRIE GEYSER

Henrie Geyser joined the online publishing industry through iafrica.com where he worked for five years as news editor and editor. He now freelances for a variety of print and online publications, on the subjects of cars, food, and travel, among others; and is a member of the South African Guild of Motoring Journalists. henrieg@iafrica.com

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