



Media Release
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Drive with Care on Long Weekends

With two long weekends approaching and the chance to take a break before winter, our roads will become increasingly busy over the coming weeks.

Traffic volumes build up significantly before, during and after long weekends with an increase in vehicles towing trailers, caravans or boats. If you are towing, your maximum speed limit on the open road is 90 kilometres per hour. Always be aware of the traffic behind you as you may need to and pull over regularly to let other vehicles pass.

Fatigue was a contributing factor in 113 crashes in New Zealand over the last five Easter weekends. 48 of these crashes resulted in seven fatalities and nine people receiving serious injuries.

Holiday driving often means spending several hours behind the wheel. Many people may not be used to driving for long periods at one time, so it is important to recognise the warning signs of fatigue.

There are simple ways to avoid fatigue and increase your safety on the road. Get a good night's sleep or rest before you set off and always try to drive at times of the day when you are normally awake. Plan for rest breaks from driving every couple of hours. If you begin to feel the effects of tiredness, pull over and have a break from the wheel. If possible, share the driving.

All drivers need to plan to allow extra time to get to their destination as the roads will be busy, drive with patience and avoid taking unnecessary risks. Allow time for regular rest breaks if you know your journey will take more than two hours.

Ends

For more information, contact:

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