

FRSC INSIGHT MAGAZINE

Giving insight into the Corps activities through virtual Magazine

February 2021 Edition

Special Anniversary Edition

33 Years of Giant Leap Achievements

FRSC

@ 33



**The
Man
behind
the
'Moves'**



Dr. Boboye Oyeyemi, MFR, mni, NPoM

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From The Editor-In-Chief

The February 2021 Edition is Special in the sense that; it marks the 33 years of the Corps existence. The Corps in the past three (3) decades and three (3) years has proved itself as an organization that continually leverage on the sound foundation that was laid by the founding fathers; when we look back at the other agencies of government that were established at the same time.



The Corps right from its existence had witnessed seven levels of leadership of which all had proven their worth in living legacy project behind.

Under the leadership of the present Corps Marshal and with the realities of the time, he had brought to bear his wealth of knowledge in the profession and has also shown that as the first indigenous Corps Marshal, he can weather the storm and also bring the Corps to a level that it can be rated high at the international level.

Sequel to this therefore, the magazine has as its theme "The Man Behind the Moves". This can be seen among the various project he has put on ground ranging from logistics, capacity building and organizational facelift. Championing programmes on road safety to the point of making the Corps a World Class Organization as captured in his felicitation message that marked the 33rd Anniversary of the Corps.

The Edition also has ten (10) most technologically driven cars in the world going by the benefit the car tends to provide being discussed.

Lastly, the benefits of the sun on the human skin was also x-rayed. It is therefore, important that Staff should see the need of making meaningful contribution towards the progress of this Magazine as a lot can be learnt from it.

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TO ALL STAFF

**FELICITATIONS ON THE OCCASION OF THE 33RD ANNIVERSARY OF THE
FEDERAL ROAD SAFETY CORPS**

It is thirty-three (33) years since the Federal Road Safety Corps was established as a child of necessity to combat the menace of Road Traffic Deaths (RTD) in Nigeria. From a humble beginning, we have progressed to recording annual successes in crash reduction in Nigeria, even in the face of daunting challenges like the COVID-19 pandemic currently ripping the world apart. Our resilience has earned appreciation and commendation from the government and good people of Nigeria.

2. The COVID-19 Pandemic brought out the discipline and resilience in all FRSC staff. At the height of the fight against the dreaded virus, we collaborated with other agencies under the auspices of the Presidential Task Force on COVID-19 pandemic as well as enforcing guidelines relating to road transportation in addition to the discharge of other statutory duties. We succeeded in contributing our quota in the best interest of the Nigerian populace for which I commend your dedication and commitment to duty.

3. It should be recalled that the Corps took personnel capacity building seriously because it strengthens confidence, skills, knowledge and resources as well as fostered a sense of ownership and empowerment. It was because of these that the Corps strived to ensure that necessary infrastructure was put in place to purposefully minimize an over-reliance on outside facilities as a source of solution to the Corps' problems. The Corps has not only completed the FRSC Academy but also in the final process of its take-off as a Post-Graduate Diploma and Degree awarding institution to be affiliated with the Federal University of Technology, Owerri; and will run for an initial period of two (2) years before it transits to a full-fledged university.

4. Also, the Command and Staff College is billed to commence academic work before the end of the first quarter of the year 2021 while the Inspectorate Training School in Owa - Alero, Delta State built for the Corps by the Delta State government, is due for inauguration next month and will be open for courses almost immediately. The concept of the Inspectorate Training School is to bring about a higher order

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attainment in the Marshals cadre capacity development and for enhancement of recognition and dignity.

5. You are aware that the Corps has established 570 Station Offices in 570 Local Government Areas of the Federation. The purpose of the Station Offices to which personnel have already been deployed, is to expand the Corps horizon towards purposeful securement of the Nigeria roadways through RTC data collection and collation, including those concerning hospital follow up on road crash victims and ensuring real time remittance to the appropriate authorities; maintenance of the status of fleet operators through the Road Transport Standardization Scheme (RTSSS); maintenance of the records and status of the National Driver's License Centers (DLCs) as well as hospitals operating within the Local Government Area; conduct of Road Safety Audit and researches, and submission of the outcome to the appropriate authorities for intervention; liaising with the Local Government Advisory Committee on Road Safety (LACORS) as embedded in the Nigerian Road Safety Strategy (NRSS); and generally, be a liaison Office of the FRSC at the Local Government Areas.

6. Aside from the Corps focus on improvement on service delivery, the welfare and wellbeing of members of staff is in clear view. The Post Service Scheme is thriving with profits made and dividends paid to all subscribers. The Flex Housing is on and still has houses for allocation on indication of interest - I admonish that those who desire houses should apply. The Zonal Clinics are equally delivering better health care services to staff and their families. In the same vein, the Medical Center has been operating optimally in delivering quality services to both staff and members of the public as part of its corporate social responsibilities.

7. The Corps is set to implement the Federal Government's directive on the closure of the disparity between Degree and the Higher National Diploma. Necessary machinery is being put in place for the unification to take place as soon as the logistics are fully worked out for the commencement of the special Conversion Course planned for the purpose.

8. Promotion will continue to be constant within its circle. With the establishment of more training institutions to cater for all the cadres of the Corps, promotion from one rank to the other will now include the attendance of structured course(s) for the next rank. However, the promotion process remains transparent. The 2020 promotion exercise has been slated to commence in April and will be concluded as soon as possible, hence you are advised to be prepared.

9. You will recall also that the Corps has completed fourteen (14) permanent offices for Sector Commands across the federation. The commitment to ensure that all FRSC offices operate within their own property was borne out of the need to enhance team morale by providing a conducive working environment. Such an environment will equally assist to lower health related issues. Two more of the

buildings have been completed and will be inaugurated soon. This will bring the total of the permanent Sector Commands' offices built in the past six (6) years to sixteen (16).

10. I must also reiterate the fact that the Corps takes the In-house lectures, workshops and other local capacity building efforts including parade briefs seriously. You are encouraged to come to terms with the virtual nature of things; a necessity bestowed on us by COVID-19 pandemic. This new normal must be adapted so as not to lose out of the derivable advantages.

11. The Corps will diligently continue to implement the **Coronavirus Disease (COVID-19) Health Protection Regulations, 2021**. Particular attention should be placed on the Corps' responsibilities as contained in Part 2, Reg.18-23, Part 4 Reg. 31-34 and Part 5, Reg.35. All other provisions pertaining to the individual conduct shall equally be complied with. Compliance with the **Executive Order NO. 001 of 2017 on the Promotion of Transparency and Efficiency in the Business Environment (Ease of Doing Business)** also subsists.

12. The Corps is set to establish another Mini-Number Plate production plant in Yola, Adamawa State to bring the number of such plants to six (6) in the country. The new facility will serve Adamawa and Taraba States, thus considerably reducing the distance of travels from the two states to any of the already existing production centers.

13. You must also not lose sight of our crusade to urgently ensure that a drastic reduction in Road Traffic deaths is achieved, particularly those related to the overloading of vehicles with passengers and animals. In general, speeding remains a challenge and must be factored into high profile operations. We must continue to operate within the operational procedures and guidelines of the Corps. However, we must be civil in dealing with the members of the public as we enforce road traffic laws and regulations.

14. The Corps will dig deeper into the current administration's mantra, "Consultation, Reward and Punishment (CRP)" because of its effectiveness. The Corps has been lifted through easy buy-in into programmes and policies by the stakeholders, rewards for hard working staff have been consistent while the non-conformists to regulations have equal been punished in line with the FRSC provisions on the Regulation of Discipline.

15. At this juncture, let me use this opportunity to commiserate with you over some of our colleagues who fell in the course of the discharge of their duties; we pray for repose of their souls and ask God to grant their families, friends and colleagues the fortitude to bear the irreparable losses. The Corps will continue to place a high premium on the lives of its personnel and welfare administration.


16. The Corps' gratitude goes to President Muhammadu Buhari, for his administration's consistent support towards road safety initiatives, and also the Secretary to the Government of the Federation, Boss Mustapha; for his continuous support and supervisory role as well as the Chairman and Members of the Federal Road Safety Commission. The long canvass for the development of the inter-modal transport system is also fully on stream. When this is put side by side with the new road infrastructure across the nation, life can only be better for Nigerians especially should the pace of development be sustained. The FRSC must also be ready to address the challenges that may arise in the course of the inter-modal transport operations in relation to Road Safety.

17. We shall continue to bring professionalism, dedication, and passion to the Federal Road Safety Corps, build on our achievements and break new grounds. Management will not also relent in the construction of career growth opportunities, respect of staff needs, providing feedback on all activities, communicating clearly, encouraging team bonding and creating clear strategies for engagement.

18. It is the FRSC anniversary today and I couldn't have thought of any better moment than today to appreciate you. You are a valued part of the FRSC team and your contributions are greatly appreciated. Thank you for your positive attitude and hard work.

19. I wish you good luck in all your future endeavours.

20. Happy 33rd anniversary!


Dr. Boboye Oyeyemi, MFR, mni, NPoM
Corps Marshal

Top 10 Latest Car Technology Innovations of the Past Decade

No matter where you are in the world, there is one thing you cannot avoid and that is the fact that the automotive world has come a long way and is continuing to develop rapidly. Cars have significantly improved over the years and manufacturers are looking to deliver better performing models on a regular basis.



From seatbelts to automatic parking and everything in between, technology in cars keeps getting better and more advanced. When manufacturers sell cars, they focus on the newest additions and latest specifications that are built into the vehicle. Here are the best technological breakthroughs in the automobile industry in the past 10 years.

1. Fast Charging



- Electric Vehicles or EVs have become increasingly popular across the world and they are continuing to develop as we speak.
- Many of the available manufacturers today are looking to the future and are producing or planning to produce high-powered electric cars that can be easily comparable to some of the best fuel-powered vehicles. However, one of the standout features of electric vehicles or even hybrid vehicles is the ability to be powered by an in-built battery. These batteries are recharged through outlets either at home or anywhere there are charging outlets.
- All available EVs come with a regular AC charger that can normally take the battery from 0 to 100 percent in about 4-6 hours. But with the inclusion of fast charging, things have become extremely fast. So fast that the DC charger is capable of taking the battery from 0 to 80 percent in a matter of 30 minutes. While charging stations are quite rare right now, the increasing popularity of EVs is sure to build that number up.

2. Lane Keep Assist



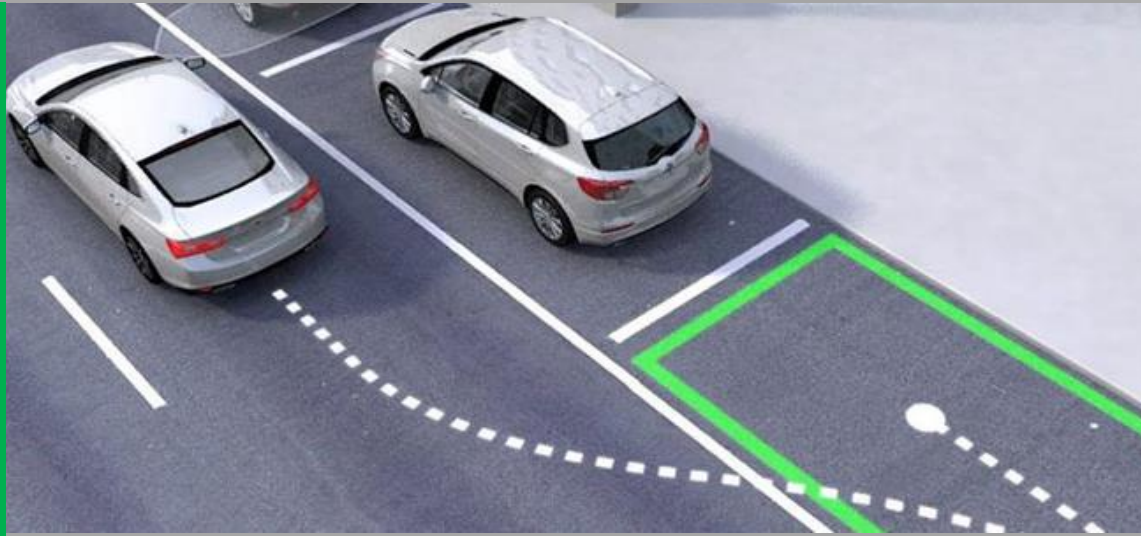
This technology uses the steering along with the brakes to keep the vehicle within the lines of the driving lane and stops it from crossing them. As soon as the wheels begin to cross the lines, the lane-keep assistance technology kicks in and corrects it so that the vehicle stays centred and

This is one of the newest technologies incorporated into cars and the lane-keeping assistance feature is definitely one of the best ones yet. If you are used to long drives or driving through the night, the lane-keep assist helps you stay safe on the road at all times. The software in the car's system allows it to stay centred in the lane while driving forward.

3. Automatic Parking

So there isn't a single driver out there that can say that they haven't had trouble while parking their car. That's why automatic parking was one of the most inventive and advantageous technologies created. What started in 2006 by Lexus is now one of the most wanted technologies in the automotive world

The automatic parking feature allows the driver to almost completely park their car automatically – except for the occasional



Today, more and more car manufacturers have been including the automatic parking technology into their vehicles and the interested buyers have been going berserk for it. Whether you opt for an Audi, BMW, Jeep, Tesla, or any of the premium brands available, you are sure to get the automatic parking tech included in your vehicle. If you feel like any of these brands are out of your reach (financially), a used car evaluation tool can come in handy when you're looking for a second-hand car in the market.

4. Voice Recognition



- Considered as one of the most advanced technological breakthroughs in the automobile industry, voice recognition has come a long way. We all saw the voice recognition feature on the Bentley in the 2009 film, 2012, and we all thought it was just fiction but this technology truly does exist.
- The majority of car accidents today are caused by drivers using their mobile phones while behind the wheel and this technology eliminates the need for that. Through the voice recognition technology, drivers are able to make or receive calls, read and reply to text messages, get navigational directions, use multimedia like play music or videos, and even start the vehicle (only a few select models).

5. Wi-Fi Although the technology is currently still in its development phase, the inclusion of Android Auto and Apple Car Play will definitely improve the recognition capability.



- As mentioned above, Android Auto and Apple Car Play have become a major addition to the cars we drive today and that is extended even further with the inclusion of Wi-Fi hotspots inside the car itself. While car manufacturers do not advise drivers to use their smartphones, tablets, or other connected devices while driving, the Wi-Fi hotspots in the car make it easier for people to stay connected even in low signal areas or while driving through a tunnel.
- When Wi-Fi supporting cars were first advertised, it was reserved for the premium or luxury cars such as Mercedes-Benz and BMW but with the availability of internet becoming so easy, the lower-end manufacturers are also including this feature into their models. No more will

6. Automatic Emergency Braking

- How quick are you behind the wheel of your car? Faster than a computer? Unfortunately, that isn't the case for the majority of people who own and drive a car. Fortunately, today's cars come with a plethora of sensors that can detect anything from obstacles in the
- The sensors along with the on-board computer kick into action immediately and initiate the brakes which slow



7. Smartphone Integration



- Smartphones are getting smarter every day and cars are getting more technologically advanced twice as fast. So, it only seems right for smartphones and cars to work together to make your driving experience better, safer, and definitely more entertaining.
- Connecting your phone to your car is not a completely new idea as you could do this through a USB and Bluetooth connection, but it was limited to making calls or playing music from your device. With the inclusion of Google Android Auto and Apple Car Play along with the numerous applications designed for an immersive experience.
- There is so much more you can do using your smartphone and your cars computer system. Make and receive calls, send and read texts, listen to your favourite songs and podcasts, locate your favourite destinations, watch movies, and even shop all with the touch a button or in some cases, with your voice commands.
- As technology gets even more advanced, we can't wait to see what more we will be able to do through our smartphones and connected cars.

8. Navigation



- As we just spoke about smartphone integration, we thought we should mention the navigation technology that is available today in almost all cars. Navigation, like phone connectivity, is not a new idea; however cars have moved on from the slow-moving GPS systems we once were so impressed by. Today, you can get directions and information to any location you want with the touch of a button. Whether you're looking for a McDonald's at 3:00 am or a gas station in the middle of nowhere, the navigation systems of today are more than capable of giving you accurate readings within seconds.
- Not only can you get directions on the latest systems, you are able to download traffic information, real-time news for accidents or detours, satellite views of maps, real-time driving instructions, and so much more. With HUD or Head-Up Display and Holographic Windshields, navigation today has become more interesting than it once was.

9. Keyless Entry and Start



Keys? Who needs them? Well, the way things are going in the automobile world, it looks like keys are soon becoming a thing of the past – just like cassettes and CD's. Today, most cars come with electronic key fobs which help you get into your car without having to look for keys when you have your hands full. As an addition, these key fobs allow you to unlock the car from a distance so that you don't waste time trying to get in. The electronic key fob is lightweight and can unlock, lock, and even start the car before you even get in.

Inside, that keyless technology is featured once again with a push-button start and stop. Once again, you will not have to look and feel around for a key insert and then turn the key to get the vehicle going – just press the button and enjoy the purring of the engine within a second.



10. Automatic Liftgates



Don't you hate it when you have your hands full and you need to open the lift gate to get your groceries or other items into the car? Well, car manufacturers saw how frustrating it was and introduced the automatic lift gate which opens the back of the car without having to physically touch the door at all.

There are sensors under the rear of the car that are capable of detecting your foot and all you have to do is wave your foot underneath it to get the lift gate to open. While this feature itself is extremely cool and handy, it doesn't always work with the first kick. To make it even easier to get your items into your car, manufacturers included a feature into the electronic key fob that senses your proximity and automatically opens the liftgate when you get close enough.

There you have it, 10 of the coolest and advantageous technologies incorporated into cars today. While most cars come with at least a few of the features, you can find luxury cars or premium models with all or most of them included. With technology progressing at the speed of light, we can't wait and can't imagine what the future holds for the automobile world. Exciting time ahead for sure.

SAFE DRIVING

Source; The Nigerian High Way Code

Driving requires total concentration. Every driver should know the basic rules and regulations guiding driving. This is necessary to ensure good driving culture.

❖ TAKING OFF

Ensure that the gear is in a neutral position (park position if automatic).
Ensure all mirrors are functional.
Adjust steering wheel, seat, head rest, mirrors, etc., especially if familiar with the vehicle.
Fasten your seat belt.
Look through the mirror and ensure that the road is clear.
Start the vehicle and indicate your direction of motion with the help of the Pointer or traficator.
Engage the gear and take off smoothly.

❖ BREAKING

NEVER GET TOO CLOSE TO THE VEHICLE IN FRONT (do not tailgate)
Be mindful of the vehicle behind.
To slow down, break smoothly and in a controlled manner.
Break gently and in plenty of time.
Sudden break could result in loss of control and rear collision.
Always ensure your break lights are functional.

❖ REVERSING

Before reversing, ensure that there are no pedestrians particularly children or the physically challenged persons or obstruction on the road behind you.
Be careful about the “blind spot” (area) behind you, that is the part of the road that cannot be seen from the driving seat using the mirror.

❖ REVERSING AT NIGHT

Put the head lights on.
Ensure the reverse lights are functional.
Switch on HAZARD light if necessary

❖ REVERSE PROHIBITIONS

Do not reverse from a side road into a major road.
At a bend or a crease of the hill.
On the express way.
On a bridge.
On a busy road with high volume of traffic.

❖ PARKING

Intending to park, check the mirror and look out for other road users.
Signal in tension to stop.
Move to the direction if safe to do so.
Stop as close as possible to the right edge of the road. Before leaving the vehicle, switch off the engine and engage the parking break.
At night switch off head lights.
Lock the doors of the vehicle.
Secure all valuables in the vehicle.
On anti-theft devices where installed.
To park, adopt “look-signal-look-move” routine.

❖ PARKING PROHIBITIONS

Do not park at the following places:
Where “NO PARKING” sign is posted or displayed.
Where the vehicle will obstruct the views of other road users or constitute danger. For example at bends or corners

BENEFITS OF THE SUN ON THE SKIN

It might be tempting to hide your skin from the intense rays; sunshine isn't necessarily something to fear! Yes, the sun can damage your skin, speed up signs of aging and potentially even lead to skin cancer — but as long as you take the proper sun safety precautions, you'll be able to enjoy the benefits of the sun without worry. You probably already know the basic safeguards that will serve you well: always wear a broad-spectrum sunscreen and remember to reapply a generous layer every two hours!

With adequate sun protection in place, the positive effects of the sun can go far beyond what you might expect. Here are four benefits that a dose of sunshine can provide to keep both you and your skin feeling great.



❖ Sunshine can turn your bad day around

Soaking up some rays can brighten your day — literally and figuratively. This is because exposure to sunlight triggers a boost in serotonin, one of your brain's "feel-good" chemicals.

Low serotonin levels are thought to play a key role in depression, especially the kind that tends to hit during winter, when sunlight is scarce. On top of that, research shows that people who spend more time outside have higher levels of this "happy" neurotransmitter. So, if you're feeling blue, head outside to maximize the relationship between sun and serotonin!



❖ It helps you produce an important nutrient

It's not uncommon to have low vitamin D levels; many people do. But that can be a problem, considering vitamin D is a key component in keeping bones healthy and strong thanks to its role in absorbing calcium and phosphorus. What's more, the nutrient may also be involved in maintaining a healthy immune system and proper muscle function — two factors that should be pretty important to anyone with an active lifestyle. Conveniently, one reason sunshine is so helpful is its ability to initiate a reaction within the body that triggers vitamin D production. While you can get vitamin D through certain types of food like salmon, tuna, egg yolks, cheese and fortified milk, most people don't include enough of this nutrient in their diet alone. So, make time for yourself to get acquainted with an inviting patch of sunlight — all in the name of better health, of course!



❖ **You may sleep better after some time in the sun**

You can compare winter naps and summer naps all you want, but there's no real competition. There's just something magical about winding down a hot day spent in the sun with a cool nap, and researchers may have picked up on why.

You're probably familiar with circadian rhythms. They essentially run your body's internal clock, telling you when it's time to wake up and go to sleep. Our circadian rhythms are based on the sun — but since most of us spend our evenings scrolling through brightly lit screens, we're exposed to light much later in the day than our ancestors were.

Luckily, serotonin is involved in the production of another hormone that influences our sleep: melatonin. When serotonin levels in our bodies are just right, there's a greater likelihood that melatonin will be too, which means better shut-eye (and possibly even a healthier body weight)! For the best effects, try combining time in the sun with exercise.



❖ **Sunshine can make your skin glow and not from a tan**

Yes, really. We often think about how the sun can damage skin, but for people with certain skin conditions, the sun can actually be a kind of medicine. For instance, psoriasis and eczema cause rashes and lesions, and UV light can help the healing process along.

But even for those who don't have specific skin issues, taking in a few UV rays may give you a healthy glow. Research shows that sunshine can lower blood pressure and improve heart health — and the more you nourish your body, the better it will look!

Great skin may have a massive impact on your outward appearance, but it starts from within. Moderate sun exposure is associated with all kinds of health benefits, so don't be afraid to enjoy the benefits of the sun. As long as you're smart about how (and when) you catch some rays, you can safely look forward to whatever tomorrow's sunrise brings your way.

Road Safety is ours.

***Let us join Hands to
build it together***