FRSC INSIGHT MAGAZINE

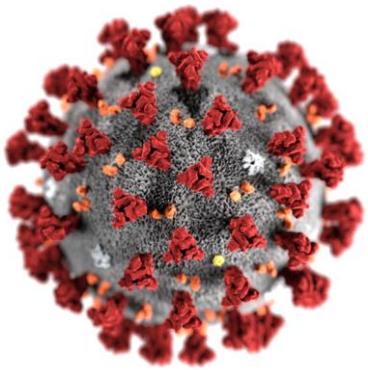
August, 2020 Edition

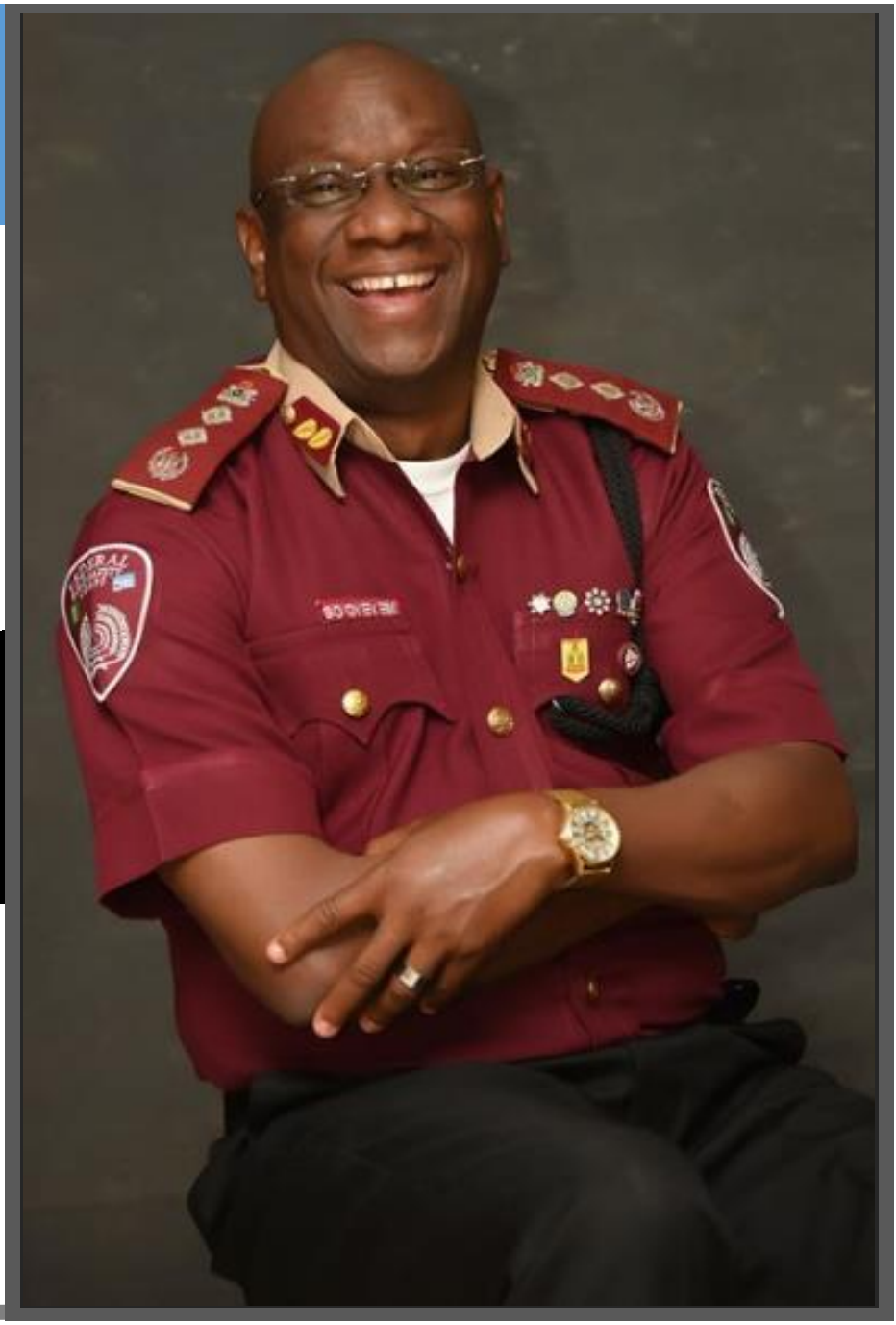
Electric Cars:

The challenges for Road Safety Policy Makers in Nigeria

COVID-19:

How it affected Us and Our Response





***Dr Boboye Oyeyemi**, MFR, mni, NPoM*

Corps Marshal

Giving insight into the Corps activities through virtual Magazine

From The Editor-In-Chief

The year 2020 started with the expectation that life will change for the better, but the fact remains that nobody knows tomorrow.

The year has been a challenging one for everyone as individual, families, states even nations cannot meet their expectations. To worsen the situations was the upsurge of the deadly covid-19 pandemic where the whole world had been greatly affected. The only benefit one would derived from this deadly virus is that it has open a new horizon to the ways things are being done.

A new approach had been developed in various fields of human endeavour. Technology had taken over virtually every aspect of life.

That adage of ''cleanliness is next to Godliness'' had been well experimented as people frequently wash their hands, mouths and nose are being covered, sanitizers are often applied as an alternative to hand washing, physical distancing are being maintained to avoid the spread of the virus.

Also we have seen the importance of food as agriculture was the only sector that was allowed to flourish despite the lockdown that restrict movement.

The negative impact of the lockdown was the negative effect that individual, companies, nations experience in their revenue generation as people were forced to remain indoors.

The service of the corps which is multi-sectional was not left out. However, due to the sensitivity of our operations; we were still very useful in the enforcement of the covid-19 protocol as the Corps was part of the enforcement team put up by the presidency.

In this edition, what you should know about **covid-19** to protect yourself and others; some of the things that we are doing that is killing our future will be highlighted. With the rains with us, we are going to x-rays some of the safety tips that is needed while driving under the rains.

The edition will also focus on some basic fact of life in the “fact palaces”
Living your dream is a special publication that will set the direction for our readers to know how to plan their life.

On behalf of the Corps, I wish to express our profound appreciation to the staff and our well-wishers who contributed toward making this magazine a success. We hope you will continue to be with us towards sustaining the magazine and most importantly, in keeping our highways free from rod traffic crashes all through the year. Be road safety friendly. Think road safety and take responsibility.

OBOT, EMMANUEL NNANNA fsi

THE EDITORIAL

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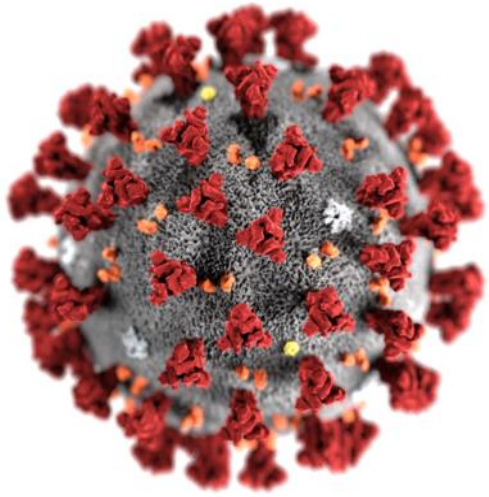
WHAT YOU SHOULD KNOW ABOUT COVID-19 TO PROTECT YOURSELF AND OTHERS.



KNOW HOW COVID-19 IS SPREAD

- You can become infected by coming into close contact (about 6 feet or two arm lengths) with a person who has COVID-19. COVID-19 is primarily spread from person to person.
- You can become infected from respiratory droplets when an infected person coughs, sneezes, or talks.
- You may also be able to get it by touching a surface or object that has the virus on it, and then by touching your mouth, nose, or eyes.

PROTECT YOURSELF AND OTHERS FROM COVID-19

* There is currently no vaccine to protect against COVID-19.
* The best way to protect yourself is to avoid being exposed to the virus that causes COVID-19.
*Stay home as much as possible and avoid close contact with others.
*Wear a cloth face covering that covers your nose and mouth in public settings.
*Clean and disinfect frequently touched surfaces.
*Wash your hands often with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer that contains at least 60% alcohol.
*Practice social distancing:

- Buy groceries and medicine, go to the doctor, and complete banking activities online when possible.
- If you must go in person, stay at least 6 feet away from others and disinfect items you must touch.
- Get deliveries and takeout, and limit in-person contact as much as possible.

Prevent the spread of COVID-19

IF YOU ARE SICK

• Stay home if you are sick, except to get medical care.
• Avoid public transportation, ride-sharing, or taxis.
• Separate yourself from other people and pets in your home.
• There is no specific treatment for COVID-19, but you can seek medical care to help relieve your symptoms.

Know your risk for severe illness

• Everyone is at risk of getting COVID-19.
• Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more severe illness.

WHAT YOU SHOULD KNOW ABOUT COVID-19 TO PROTECT YOURSELF AND OTHERS.

This year has been a challenging one for everyone. From grandfather to the grandchild, we all felt and some are still feeling the heat of the COVID-19 pandemic. As days rolled into months, families keep mourning their dead as nations continued to count the cost of keeping this virus away from their territories or minimizing the effect. The world is indeed humbled by COVID-19.

Well, no one can truly tell the cost of COVID-19 until the storm is over. But life must go on! That's why in the midst of this challenge, some of us took time to pause and re-evaluate our lives.

We took time to think about what we want out of life, how we want our lives to be structured, and what our real purpose is in this universe. The period of lockdown helped me to discover something new about myself which before now I never knew existed. I developed my writing skills and wrote a book! Yes, a book. In fact, I just co-authored a storybook with my 11-year-old daughter published on Okadabooks stores titled The Frenemy. I am currently working on my second book! That's the spirit. Making the best out of a bad situation.

So starting a side hustle like writing short story books or novels can be literally life-changing. You can decide to take an online course. It could be one course that you have dreaded for long but yet yearning to secure a certificate in its field. This period will provide you the time away from the daily rat race. Well, that's fun for some. It could be something as simple as learning how to swim. You can indeed make this period a life-changing experience.

So let me ask you. Are you happy with the way things unfold around you? If you are, then, by all means, keep doing what you do. But if you're not, or if you have a goal you can't wait to achieve, then start a side hustle. Do something new and unique. NOW!

Another important lesson to take away from this period is for everyone to learn financial intelligence. Learn to save for the rainy days. If there's one thing this pandemic has brought home in full force, it is that we truly don't know what next to expect.

Need Proof?

A year ago, would you have imagined that the world would experience what it is now going through?

We all didn't see it coming! Use this opportunity to learn how money works by reading books. This pandemic has turned many rich men into rags! What a pity. As we are learning to save, we should also learn to invest in meaningful ventures or even start a small business. I think one business that pays is the food business. No matter the situation people will always eat.

Order for products from an area of abundance and take them to an area of want. So, don't let this nutty pandemic steal your thunder away. Let the light in you shine. There is no better time than now. As my daughter will always say, I have set a fire. A fire of hope, a fire of finding yourself. So let it burn!

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COVID- 19 Test being conducted

Aside from the Corps statutory mandate of ensuring safety on Nigeria's highway, FRSC participated and collaborated with the Presidential Task Force (PTF) on COVID-19.

So far the Corps has provided both manpower and logistics support across the country. More than 20 State-of-the-earth Ambulances were released to the PTF for the evacuation of the COVID-19 victims to Isolation Centres in both Kano and the Dome Centre in the FCT. Also, Trained Paramedics of the Corps were dispatched to Nasarawa State to assist government intervention efforts.

The Corps in conjunction with other Security Agencies worked collaboratively to enforce the Government Restriction Order during the Lockdown phases of COVID-19 in Nigeria.

In containing the spread of the virus especially as it relates in-vehicle occupants, the Corps provided guidelines on social distancing within vehicles for both private and commercial vehicles.

According to WHO Global Status report on Road Safety,2018

"Road traffic injuries are now the leading killer of people aged 5-29 years"

If we say the children or youths are leaders of tomorrow, then our tomorrow will come and the leaders will not be there at the rate our young people are dying from road crashes. We are all responsible. Road safety is every ones' business. There is need for urgent commitment and responsibility by every road user to reduce these numbers drastically or possibly stop the killing of children on our roads.

The Global status report on road safety 2018, launched by WHO in December 2018, highlights that the number of annual road traffic deaths has reached 1.35 million.

Here are proven measures that we can apply to reduce the rate of crashes and deaths on our roads.

***MANAGING SPEED**

The speed at which a vehicle travels directly influences the risk of a crash as well as the severity of injuries, and the likelihood of death resulting from that crash. Adherence to national speed limits is an important step in reducing deaths on our roads. Maximum urban speed limits which is lower than or equal to 50 km/h, in line with best practice is not being obeyed by many drivers in Nigeria. In addition, drivers should take into account local circumstances such as the presence of schools or high concentrations of vulnerable road users.

*** REDUCING DRINK–DRIVING**

WHO Reports that an estimate 5–35% of all road deaths are alcohol- related. Driving after drinking alcohol significantly increases the risk of a crash and the

severity of that crash. Drivers can delay taking alcohol till the journey has safely ended. ***Better to arrive alive than 'dead drunk'***

Best practice for drink–driving laws includes a BAC limit of 0.05 g/dl for the general population and a BAC limit of 0.02 g/dl for young drivers.

*** INCREASING MOTORCYCLE HELMET USE**

Head injuries are the leading cause of death and major trauma for two- and three-wheeled motor vehicle users. Correct helmet use can lead to a 42% reduction in the risk of fatal injuries and a 69% reduction in the risk of head injuries. The use of helmet is as such, an increasingly important means of preventing road traffic deaths.

Best practice for motorcycle helmet includes a requirement for drivers and passengers to wear a fastened helmet on all roads.

*** INCREASING SEAT-BELT USE**

Wearing a seat-belt reduces the risk of death among drivers and front seat occupants by 45–50%, and the risk of death and serious injuries among rear seat occupants by 25%. In Nigeria there is a requirement that both front and rear occupants use seat-belts, this is a key criterion for best practice.

*** INCREASING CHILD RESTRAINT USE**

Child restraints are highly effective in reducing injury and death to child occupants. The use of child restraints can lead to at least a 60% reduction in deaths. Best practice requirement is to place children at least until ten years of age or 135 cm in height in a child restraint. There is a restriction to seating children in the front seat in Nigeria.

These measures are not exclusive of other road safety laws, restrictions or measures to reduced crashes on our roads.

Condition of the vehicle, road maintenance and weather condition also play major roads in road safety. However, the major determinant of safety of lives

on the road is the driver. Other humans, like occupants and pedestrians contribute but the driver has more responsibilities. Drive for live, not death.

TS Oladoke

FACTS PALACE

*"Today's jobs are global. You can be in Nigeria and work for a firm in London. Doctors do examinations on zoom, making them global workers who must do things differently." Peter Obi

*A Cheetah runs at motorway speeds

We're sure you already knew that the cheetah is the fastest land animal on earth. But it's staggering just HOW fast they can run. They can sprint at over 70mph, meaning you might have to exceed the motorway speed limit to overtake one.

***FOCUS**

Daily incremental improvement produces lasting results. Even ten minutes of focus will improve your life. If you say you do not have the ten minutes you do not have the life.

Healthy Lifestyle Tips for Adults

1. Eat a variety of foods

For good health, we need more than 40 different nutrients, and no single food can supply them all. It is not about a single meal; it is about a balanced food choice over time that will make a difference!

- A high-fat lunch could be followed by a low-fat dinner.
- After a large meat portion at dinner, perhaps fish should be the next day's choice?

2. Get enough sleep

The importance of getting enough quality sleep cannot be overstated. Poor sleep can drive insulin resistance, disrupt your appetite hormones, and reduce your physical and mental performance. Poor sleep is one of the strongest individual risk factors for weight gain and obesity. One study linked insufficient sleep to an 89% and 55% increased risk of obesity in children and adults, respectively

3. Eat nuts

Despite being high in fat, nuts are incredibly nutritious and healthy. They're loaded with magnesium, vitamin E, fibre, and various other nutrients. Studies demonstrate that nuts can help you lose weight and may help fight type 2 diabetes and heart disease. Additionally, your body doesn't absorb 10–15% of the calories in nuts. Some evidence also suggests that this food can boost metabolism.

4. Enjoy plenty of fruits and vegetables

Fruits and vegetables are among the most important foods for giving us enough vitamins, minerals and fibre. We should try to eat at least 5 servings a day. For example, a glass of fresh fruit juice at breakfast, perhaps an apple and a piece of watermelon as snacks, and a good portion of different vegetables at each meal.

5. Reduce salt and sugar intake

A high salt intake can result in high blood pressure, and increase the risk of cardiovascular disease. There are different ways to reduce salt in the diet:

- When shopping, we could choose products with lower sodium content.
- When cooking, salt can be substituted with spices, increasing the variety of flavours and tastes.
- When eating, it helps not to have salt at the table, or at least not to add salt before tasting.

Sugar provides sweetness and an attractive taste, but sugary foods and drinks are rich in energy, and

are best enjoyed in moderation, as an occasional treat. We could use fruits instead, even to sweeten our foods and drinks.

Sourced from the internet (www.google.com)

BEETROOT

Chard or Swiss chard is a green leafy vegetable. In the cultivars of the Flavescens-Group, the leaf stalks are large and often prepared separately from the leaf blade; the Cicla-Group is the leafy spinach beet.

Beetroot has been gaining in popularity as a superfood. Recent studies claim that beets and beetroot juice can improve athletic performance, reduce blood pressure, and increase blood flow.

Beetroot comes from the same family as sugar beets. However, it is genetically and nutritionally different. Sugar beets are white, and manufacturers tend to use them for extracting sugar and sweetening processed foods. It is not possible to extract sugar from beetroot, which is mostly red or gold.

BENEFITS

Beetroot provides a wide range of possible health benefits, such as reducing blood pressure, improving digestion, and lowering the risk of diabetes

The sections below discuss these potential benefits in more detail.
A 2015 study of 68 people with high blood pressure examined the effects of drinking 250 millilitres of beetroot juice every day. The researchers found that doing so significantly lowered blood pressure after ingestion.

They suggest that this antihypertensive effect was due to the high levels of nitrate in the beet juice. They recommend consuming high nitrate vegetables as an effective, low cost way to help treat high blood pressure.
However, people should never stop taking a prescribed blood pressure medication without first talking to a doctor.

High blood pressure is a primary risk factor for cardiovascular disease (CVD). Reducing it by making dietary changes and through other means can help prevent heart failure, stroke, heart attacks, and other life threatening complications of CVD.

DIABETES

Beets contain an antioxidant called alpha-lipoic acid. This compound may help lower glucose levels and increase insulin sensitivity.

A 2019 review of studies looked at the effects of alpha-lipoic acid on the symptoms of diabetic neuropathy. The researchers found that oral and intravenous administration of alpha-lipoic acid supplements led to a decrease in symptoms of peripheral and autonomic neuropathy in people with diabetes.

However, most of the doses in these studies were far higher than those that are available in beetroot. The effects of smaller dietary doses are not yet clear from the available research.

DIGESTION AND REGULARITY

One cup of beetroot provides 3.81 grams (g) of fiber. Consuming enough fiber is essential for smooth digestion and gut health.

According to the United States Department of Agriculture (USDA), a single cup of beets can provide more than 8.81% of a person's daily requirement of fiber, depending on their age and sex. Including beetroot in the diet is one way that a person can increase their fiber intake.

- **EXERCISE AND ATHLETIC PERFORMANCE**

Some studies have found that beetroot juice supplementation can improve the amount of oxygen that muscles absorb during exercise. One 2019 study found that high doses of beetroot juice improved the time trial results of experienced cyclists.

A different study from the same year examined 12 recreationally active female volunteers. However, the researchers did not find that beetroot juice supplementation improved the participants' athletic performance.

Therefore, further research is necessary to confirm the benefits of beetroot on exercise performance.

- **CANCER PREVENTION**

A 2019 review of studies found that certain compounds in beets can disrupt the cancerous mutations of cells. Such compounds include betalains, which are pigments that give beets their red and yellow colour.

Although further research is necessary before health professionals can recommend beets as a replacement for other standard cancer risk reduction methods, they may have some function in reducing the risk of this condition (Wikipedia).

Timeline: History of the Electric Car

An Electric Car produced by University of Nigeria, Nnsukka, Nigeria.

Not an invention of modern times, the electric car has a long and storied history. Travel back in time as we explore the history of the electric car.

1828 — 1835

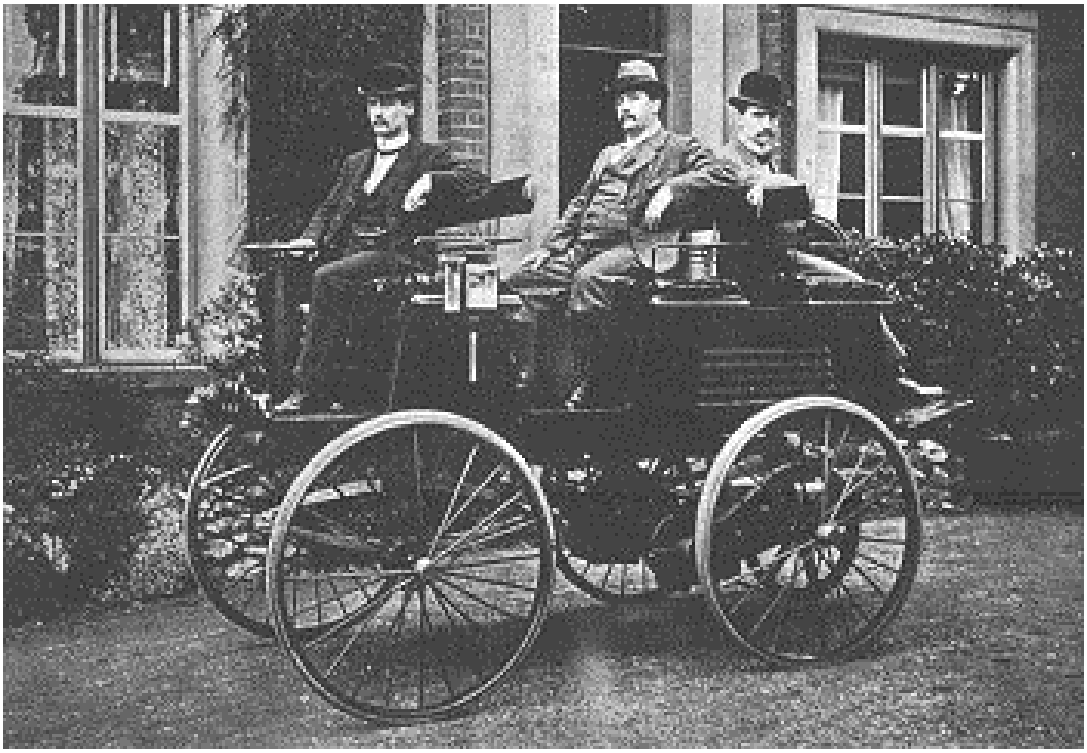
First Small-Scale Electric Cars

Horse and buggies are the primary mode of transportation, but innovators in Hungary, the Netherlands and the U.S. think to the future, creating some of the first small-scale electric cars.

1832

First Crude Electric Vehicle Is Developed

Around 1832, Robert Anderson develops the first crude electric vehicle, but it isn't until the 1870s or later that electric cars become practical. Pictured here is an electric vehicle built by an English inventor in 1884.



1889 — 1891

First Electric Vehicle Debuts in U.S.

William Morrison, from Des Moines, Iowa, creates the first successful electric vehicle in the U.S. His car is little more than an electrified wagon, but it sparks an interest in electric vehicles. This 1896 advertisement shows how many early electric vehicles were not much different than carriages.

1899

Electric Cars Gain Popularity

Compared to the gas- and steam-powered automobiles at the time, electric cars are quiet, easy to drive and didn't emit smelly pollutants -- quickly becoming popular with urban residents, especially women.

1900 — 1912

Electric Cars Reach Their Heyday

By the turn of the century, electric vehicles are all the rage in the U.S., accounting for around a third of all vehicles on the road. Pictured here is Fifth Avenue in New York City around this time, showing the range in vehicle options available.

1901

Edison Takes on Electric Vehicle Batteries

Many innovators take note of the electric car's high demand, exploring ways to improve the technology. For example, Thomas Edison thought electric vehicles were the superior mode of transportation and worked to build a better battery.

1901

World's First Hybrid Electric Car Is Invented

Ferdinand Porsche, founder of the sports car by the same name, creates the Lohner-Porsche Mixte -- the world's first hybrid electric car. The vehicle is powered by electricity stored in a battery and a gas engine.

1908 — 1912

Model T Deals a Blow to Electric Vehicles

The mass-produced Model T makes gas-powered cars widely available and affordable. In 1912, the electric starter is introduced, helping to increase gas-powered vehicle sales even more. Pictured here is Henry Ford with the first Model T and the 1 millionth.

1920 — 1935

Decline in Electric Vehicles

Better roads and discovery of cheap Texas crude oil help contribute to the decline in electric vehicles. By 1935, they have all but disappeared. Pictured here is one of the gasoline filling stations that popped up across the U.S., making gas readily available for rural Americans and leading to the rise in popularity of gas-powered vehicles.

1968 — 1973

Gas Prices Soar

Over the next 30 years or so, cheap, abundant gasoline and continued improvement in the internal combustion engine created little need for alternative fuel vehicles. But in the 1960s and 1970s, gas prices soar through the roof, creating interest in electric vehicles again.

1971

Over the Moon with Electric Vehicles

Around this same time, the first manned vehicle drives on the moon. NASA's Lunar rover runs on electricity, helping to raise the profile of electric vehicles.

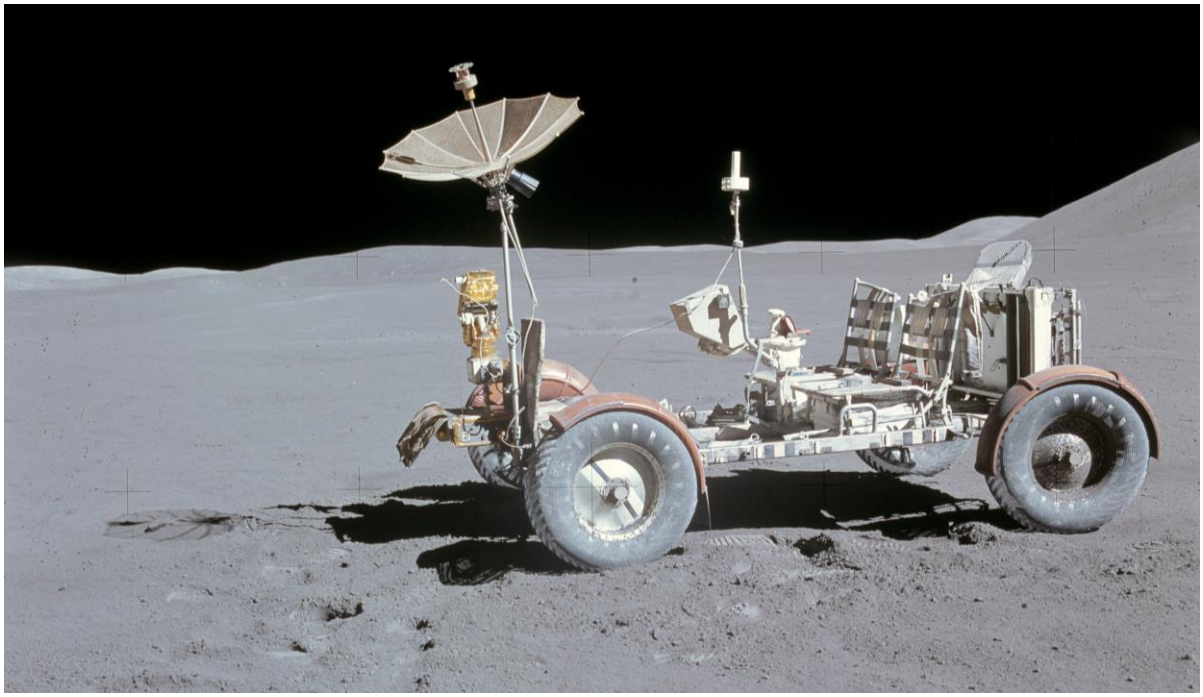


Photo courtesy of NASA.

1973

The Next Generation of Electric Vehicles

Many big and small automakers begin exploring options for alternative fuel vehicles. For example, General Motors develops a prototype for an urban electric car, which the company displayed at the First Symposium on Low Pollution Power Systems Development in 1973.

1974 — 1977

Leader in Electric Vehicle Sales

One successful electric car at this time is Sebring-Vanguard's CitiCar. The company produces more than 2,000 CitiCars -- a wedge-shaped compact car that had a range of 50-60 miles. Its popularity makes Sebring-Vanguard the sixth largest U.S. automaker by 1975.

1979

Interest in Electric Cars Fades

Compared to gas-powered cars, electric vehicles at this time have drawbacks, including limited performance and range, causing interest in electric cars to fade again.

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1996

EV1 Gains a Cult Following

GM releases the EV1, an electric vehicle that was designed and developed from the ground up. The EV1 quickly gains a cult following.

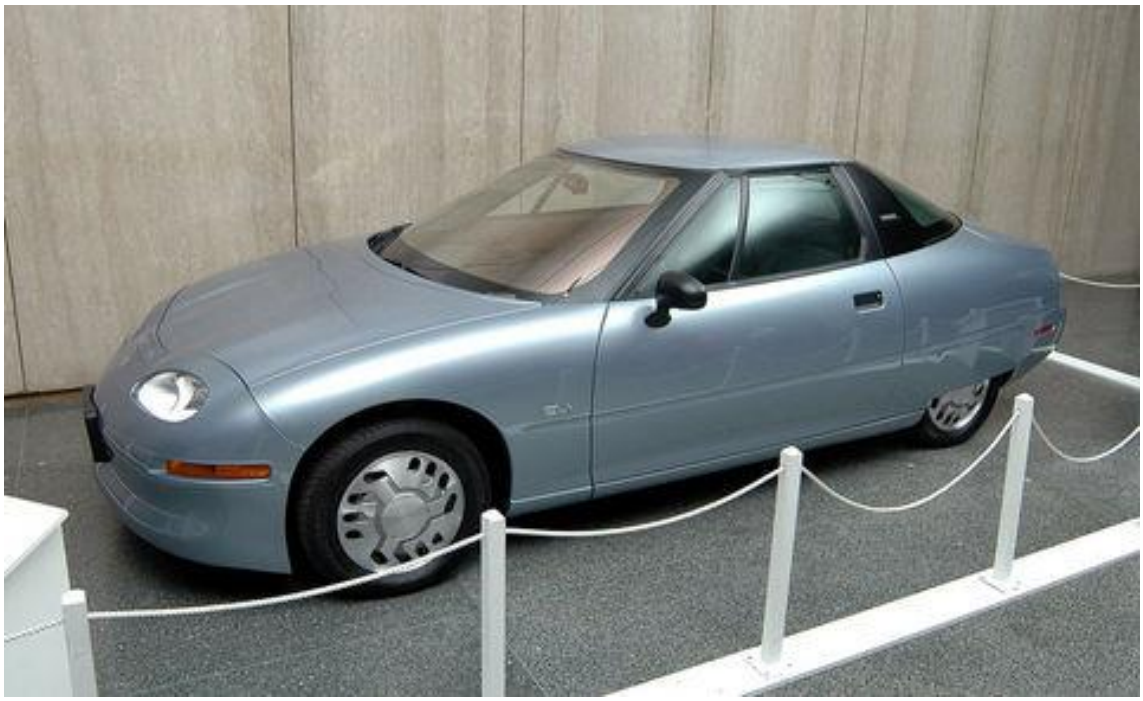

Photo courtesy of the National Museum of American History.

1997

First Mass-Produced Hybrid

Toyota introduces the first mass-produced hybrid, the Prius. In 2000, Toyota releases the Prius worldwide, and it becomes an instant success with celebrities, increasing its (and the electric vehicle's) profile.

1999

Building a Better Electric Car

Behind the scenes, scientists and engineers work to improve electric vehicles and their batteries. Pictured here is a researcher at the Energy Department's National Renewable Energy Lab testing electric vehicle batteries.

2006

Silicon Valley Startup Takes on Electric Cars

Tesla Motors, a Silicon Valley startup, announces it will produce a luxury electric sports car with a range of 200+ miles. Other automakers take note, accelerating work on their own electric vehicles.

2009 — 2013

Developing a Nation-Wide Charging Infrastructure

To help consumers charge their vehicles on the go, the Energy Department invests in a nation-wide charging infrastructure, installing 18,000 residential, commercial and public chargers. Including chargers installed by automakers and other private companies, today there are 8,000 public charging locations in the U.S.

2010

First Commercially Available Plug-In Hybrid for Sale

GM releases the Chevy Volt, making it the first commercially available plug-in hybrid. The Volt uses battery technology developed by the Energy Department.

2010

Nissan Launches the LEAF

In December 2010, Nissan releases the LEAF, an all-electric, zero tailpipe emissions car. In January 2013, Nissan begins assembling the LEAF in Tennessee for the North American market thanks to a loan from the Energy Department.

2013

Electric Vehicle Battery Costs Drop

The battery is the most expensive part in an electric vehicle. Thanks to investments by the Energy Department, battery costs drop by 50 percent in just four years, helping make electric vehicles more affordable for consumers.

2014

Electric Vehicles and a Multitude of Choices

Consumers now have a multitude of choices when buying an electric vehicle, including hybrids, plug-in hybrids and all-electric. Today, there are currently 23 plug-in electric vehicle and 36 hybrid models available.

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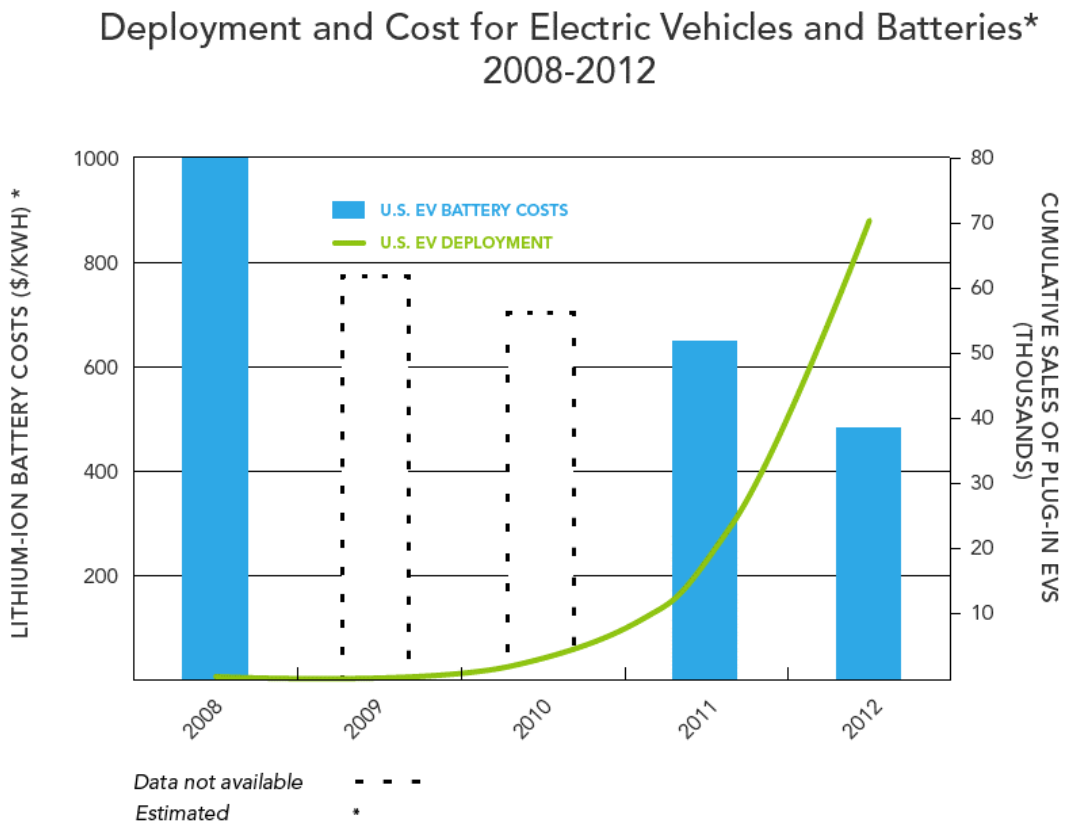

Graph courtesy of the Energy Department

2014

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2015

The Future of Electric Cars

Electric vehicles hold a lot of potential for helping the U.S. create a more sustainable future. If the U.S. transitioned all the light-duty vehicles to hybrids or plug-in electric vehicles, we could reduce our dependence on foreign oil by 30-60 percent, while lowering the carbon pollution from the transportation sector by as much as 20 percent.