

# FRSC AND THE SDGS



**HERE ARE FOUR REASONS WHY BEING COMPUTER LITERATE IS BENEFICIAL IN THE WORKPLACE.**

## **SYMPTOMS OF KIDNEY DISEASE**



This December, 2020 edition of the FRSC Insight focuses on bringing to limelight efforts of the Corps in achieving the Sustainable Development Goals (SDGs) through the implementation of 8 out of the 17 Goals.

This is part of the Corps' effort of fulfilling on its statutory mandate ensuring safety on the nations' highways.

This insight also highlights importance of tyre safety on our vehicles as well as the basic rules about tyre safety. A lot of people do not actually have the requisite knowledge of tyres fixed in their vehicles.

The magazine also touches on a particular driving situation when a driver should be very cautious in order to avoid what we call Hydroplane.

Staff are encourage to send in their articles that will enrich the magazine and also educate the public especially on all areas of road safety management, health, entrepreneurship and lots more.

Thank you.

CC Obot EN, fsi

CC (PAU)

## THE EDITORIAL

<b>Publisher</b>	<b>Dr Boboye Oyeyemi, <i>MFR, mni, NPoM</i></b> <b>Corps Marshal</b>
<b>Editor-In-Chief</b>	<b>Emmanuel N. Obot, <i>fsi</i> (<a href="mailto:en.obot@frsc.gov.ng">en.obot@frsc.gov.ng</a>)</b> <b>Corps Commander</b>
<b>Editor</b>	<b>Toyin S. Oladoke (<a href="mailto:ts.oladoke@frsc.gov.ng">ts.oladoke@frsc.gov.ng</a>)</b> <b>Sup. Route Commander</b>
<b>Contributors</b>	<b>Esthon Manu, <i>pjsc</i> (<a href="mailto:m.esthon@frsc.gov.ng">m.esthon@frsc.gov.ng</a>)</b> <b>Deputy Corps Commander</b>
	<b>Sani Yusuf (<a href="mailto:s.yusuf@frsc.gov.ng">s.yusuf@frsc.gov.ng</a>)</b> <b>Sup. Route Commander</b>
	<b>Ferdinand Oluwafunsho Armah (<a href="mailto:fo.armah@frsc.gov.ng">fo.armah@frsc.gov.ng</a>)</b> <b>Sup. Route Commander</b>
	<b>Anthony Ameh (<a href="mailto:a.ameh@frsc.gov.ng">a.ameh@frsc.gov.ng</a>)</b> <b>Deputy Route Commander</b>

# SDGS AND FRSC

## SDGs AND FRSC

The Sustainable Development Goals (SDGs) or Global Goals are a collection of 17 interlinked global goals designed to be a "blueprint to achieve a better and more sustainable future for all". The SDGs were set in 2015 by the United Nations General Assembly and are intended to be achieved by the year 2030. They are included in a UN Resolution called the 2030 Agenda or what is colloquially known as Agenda 2030.



The 17 SDGs are: **(1)** No Poverty, **(2)** Zero Hunger, **(3)** Good Health and Well-being, **(4)** Quality Education, **(5)** Gender Equality, **(6)** Clean Water and Sanitation, **(7)** Affordable and Clean Energy, **(8)** Decent Work and Economic Growth, **(9)** Industry, Innovation and Infrastructure, **(10)** Reducing Inequality, **(11)** Sustainable Cities and Communities, **(12)** Responsible Consumption and Production, **(13)** Climate Action, **(14)** Life Below Water, **(15)** Life On Land, **(16)** Peace, Justice, and Strong Institutions, **(17)** Partnerships for the Goals.

Though the goals are broad and interdependent, two years later (6 July 2017) the SDGs were made more "actionable" by a UN Resolution adopted by the General Assembly. The resolution identifies specific targets for each goal, along with indicators that are being used to measure progress toward each target. The year by which the target is meant to be achieved is usually between 2020 and 2030. For some of the targets, no end date is given.

To facilitate monitoring, a variety of tools exist to track and visualize progress towards the goals. All intend to make data more available and more easily understood. For example, the online publication SDG-Tracker, launched in June 2018, presents available data across all indicators. The SDGs pay attention to multiple cross-cutting issues, like gender equity, education, and culture cut across all of the SDGs. There were serious impacts and implications of the COVID-19 pandemic on all 17 SDGs in the year 2020.

### Targets and indicators

Work of the Statistical Commission pertaining to the 2030 Agenda for Sustainable Development containing the targets and indicators, July 2017 (UN resolution A/RES/71/313)

Each goal typically has 8-12 targets, and each target has between 1 and 4 indicators used to measure progress toward reaching the targets. The targets are either "outcome" targets (circumstances to be attained) or "means of implementation" targets. The latter targets were introduced late in the process of negotiating the SDGs to address the concern of some Member States about how the SDGs were to be achieved. Goal 17 is wholly about how the SDGs will be achieved.

# SDGS AND FRSC cont...

The numbering system of targets is as follows: "Outcome targets" use numbers, whereas "means of implementation targets" use lower case letters. For example, SDG 6 has a total of 8 targets. The first six are outcome targets and are labeled Targets 6.1 to 6.6. The final two targets are "means of implementation targets" and are labeled as Targets 6.a and 6.b.

## Reviews of indicators

As planned, the indicator framework was comprehensively reviewed at the 51st session of the United Nations Statistical Commission in 2020. It will be reviewed again in 2025. At the 51st session of the Statistical Commission (held in New York City from 3–6 March 2020) a total of 36 changes to the global indicator framework were proposed for the Commission's consideration. Some indicators were replaced, revised or deleted.[8] Between 15 October 2018 and 17 April 2020, other changes were made to the indicators.

The United Nations Statistics Division (**UNSD**) website provides a current official indicator list which includes all updates until the 51st session Statistical Commission in March 2020.

The indicators were classified into three tiers based on their level of methodological development and the availability of data at the global level.[10] Tier 1 and Tier 2 are indicators that are conceptually clear, have an internationally established methodology, and data are regularly produced by at least some countries. Tier 3 indicators had no internationally established methodology or standards. The global indicator framework was adjusted so that Tier 3 indicators were either abandoned, replaced or refined. As of 17 July 2020, there were 231 unique indicators.

## FRSC AIM AT ACHIEVING THE SDGS THROUGH THE IMPLEMENTATION OF THE FOLLOWING GOALS

### SDG Goal 2: Zero Hunger

- By ensuring ease of movement of farm produce across the nation's road network to the Markets.

### SDG Goal 3: Good Health and Well-Being

- Improving the response time to Road Traffic Crash scenes and all other traffic distress.

### SDG Goal 4: Quality Education

- By upgrading the FRSC Training Institutions
  - ✓ FRSC Academy to a Center of Excellence in Road Safety Management in Africa
  - ✓ Training school to a Diploma awarding Institution

### SDG Goal 8: Decent Work and Economic Growth

- By creating employment opportunities for Nigerians and sustaining the implementation of:
  - ✓ Road Transport Safety Standardization Scheme (RTSSS)
  - ✓ Driving School Standardization Scheme (DSSP).

# SDGS AND FRSC

## SDG Goal 11: sustainable cities and communities

- By improving Road Traffic Administration and Safety Management through eliminating of all human activities conflicting with the road or traffic.

## SDG Goal 13: Climate Change

- By encouraging efficient technical inspections of vehicles.
- By ensuring improved enforcement on carbon monoxide emission.

## SDG Goal 16: Peace, Justice and Strong Institutions.

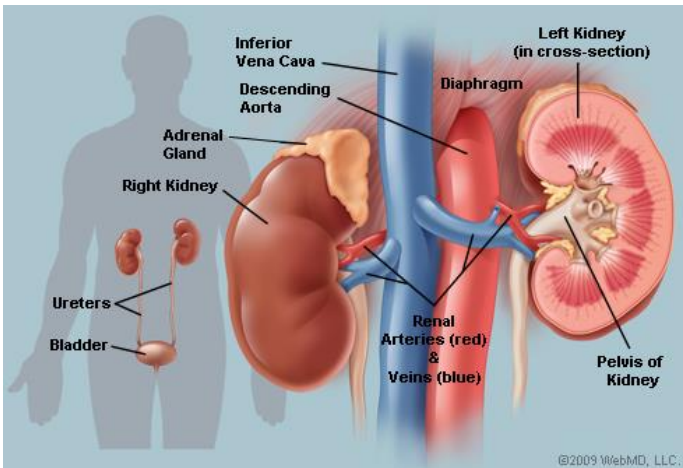
- By upholding the principles of rule of law in all operations.

## SDG Goal 17: Partnership for the Goals

- By implementing UN conventions acceded to by Nigeria.
- By strengthening Nigeria Road Safety Partnership (NRSP), GPA-PRI, including safety facilities platforms.

Source: [https://en.wikipedia.org/wiki/Sustainable\\_Development\\_Goals](https://en.wikipedia.org/wiki/Sustainable_Development_Goals)

# KIDNEY DISEASE



More than 37 million American adults are living with kidney disease and most don't know it. "There are a number of physical signs of kidney disease, but sometimes people attribute them to other conditions. Also, those with kidney disease tend not to experience symptoms until the very late stages, when the kidneys are failing or when there are large amounts of protein in the urine. This is one of the reasons why only 10% of people with chronic kidney disease know that they have it," says Dr. Joseph Vassalotti, Chief Medical Officer at the National Kidney Foundation.



## SIGNS OF KIDNEY DISEASE

**You're more tired, have less energy or are having trouble concentrating.** A severe decrease in kidney function can lead to a buildup of toxins and impurities in the blood. This can cause people to feel tired, weak and can make it hard to concentrate. Another complication of kidney disease is anemia, which can cause weakness and fatigue.

**You're having trouble sleeping.** When the kidneys aren't filtering properly, toxins stay in the blood rather than leaving the body through the urine. This can make it difficult to sleep. There is also a link between obesity and chronic kidney disease, and sleep apnea is more common in those with chronic kidney disease, compared with the general population.

**You have dry and itchy skin. Healthy kidneys do many important jobs.** They remove wastes and extra fluid from your body, help make red blood cells, help keep bones strong and work to maintain the right amount of minerals in your blood. Dry and itchy skin can be a sign of the mineral and bone disease that often accompanies advanced kidney disease, when the kidneys are no longer able to keep the right balance of minerals and nutrients in your blood.

**You feel the need to urinate more often.** If you feel the need to urinate more often, especially at night, this can be a sign of kidney disease. When the kidneys filters are damaged, it can cause an increase in the urge to urinate. Sometimes this can also be a sign of a urinary infection or enlarged prostate in men.

**You see blood in your urine.** Healthy kidneys typically keep the blood cells in the body when filtering wastes from the blood to create urine, but when the kidney's filters have been damaged, these blood cells can start to "leak" out into the urine. In addition to signaling kidney disease, blood in the urine can be indicative of tumors, kidney stones or an infection.

**Your urine is foamy.** Excessive bubbles in the urine – especially those that require you to flush several times before they go away—indicate protein in the urine. This foam may look like the foam you see when scrambling eggs, as the common protein found in urine, albumin, is the same protein that is found in eggs.

**You're experiencing persistent puffiness around your eyes.** Protein in the urine is an early sign that the kidneys' filters have been damaged, allowing protein to leak into the urine. This puffiness around your eyes can be due to the fact that your kidneys are leaking a large amount of protein in the urine, rather than keeping it in the body.

**Your ankles and feet are swollen.** Decreased kidney function can lead to sodium retention, causing swelling in your feet and ankles. Swelling in the lower extremities can also be a sign of heart disease, liver disease and chronic leg vein problems.

**You have a poor appetite.** This is a very general symptom, but a buildup of toxins resulting from reduced kidney function can be one of the causes.

Your muscles are cramping. Electrolyte imbalances can result from impaired kidney function. For example, low calcium levels and poorly controlled phosphorus may contribute to muscle cramping.

**Source:** [https://www.kidney.org/news/ekidney/august14/10\\_Signs\\_You\\_May\\_Have\\_Kidney\\_Disease](https://www.kidney.org/news/ekidney/august14/10_Signs_You_May_Have_Kidney_Disease)

# HERE ARE FOUR REASONS WHY BEING COMPUTER LITERATE IS BENEFICIAL IN THE WORKPLACE.

Many companies have started to depend upon computerised technology to get work done. Which is why computer skills have become increasingly important. Having the necessary and basic computer course knowledge will put you a step ahead of others. You'll have a big advantage over those who aren't computer literate. It's for this specific reason that many schools and tertiary institutions encourage students to complete basic computer studies.



## **Leadership and promotion**

If you have the basic computer skills, you open yourself to many opportunities. One being getting a promotion to a higher position within your workplace. Being computer literate will allow you to work on more challenging projects or tasks. Even if you're still an entry-level employee, having the necessary skills can help you achieve specific goals. Being a university graduate with computer skills in your back pocket will help you get a better job more quickly than you would if you didn't have those skills. If you have a firm knowledge of how to use and operate computers, you could be put in a leadership position. And in that role, you could be teaching others how to use computers or certain computer programs.

## **Increase work performance**

Do you still take notes in meetings or write out memos? Well, computer literacy has made that a thing of the past. Notes can be typed on your laptop or you can record what's being said. That way you can listen to specific discussions again. If you know how to use a computer, you're likely to get work done in a more organised, efficient and timely manner. This is especially important if you perform a job that requires you to use a computer on a regular basis. There are computer feature programs, such as spreadsheets and word processors, which will help you organise your thoughts and ideas. You need to know how to use these programs in order to make proper use of their features. And if you work with a database on a daily basis, then you won't be able to do any work without computer knowledge. So, it's clear that being computer literate will increase your overall work performance.

## **It's essential in any workplace**

Being computer literate is a requirement in almost any workplace and for any job. It's difficult to find a job that doesn't involve a computer in some way. Almost every position will require a basic understanding of the operating system. Understanding computers is a foundation on which you can add a new skill to your list while working. Having this skill is essential for progressing in your career. As mentioned earlier, this is a skill needed in almost every workplace. Education and the necessary experience are important for any successful career. But gaining computer skills, on the other hand, will help improve your overall knowledge and understanding of the tasks.



## CYCLING SAFETY

Bicycles have all of the same rights and responsibilities that automobiles do.

Cyclists are expected to follow all of the same traffic laws as motorists, yet must mingle with larger, faster vehicles. We shall explore the benefits of cycling and some guidelines for becoming a wiser, safer cyclist

### BENEFITS OF CYCLING

Cycling improves mental well-being

Cycling promotes weight loss

Cycling builds muscle

Cycling saves time.

### BIKE SAFETY FUNDAMENTALS

Wear a helmet on every ride.

Wear bright, highly visible clothing, preferably with reflective tape or patches.

- Obey the rules of the road. Stop at stop signs and lights.
- Ride with the flow of traffic, not against it.
- Ride in control at all times. Proceed at a safe speed that permits you to react quickly to unexpected circumstances.
- Yield to pedestrians and other vehicles.
- Never ride in low-light or dark conditions without front and rear bike lights and reflectors.

### RIDING TECHNIQUE

- Keep a safe distance between yourself and other riders or vehicles.
- Don't hug the curb too closely. Maintain a comfortable distance from the pavement edge.
- Ride in single file.
- Don't ride on sidewalks unless no other safe option exists. Motorists at intersections or when leaving or entering driveways often do not see swift-moving cyclists traveling on sidewalks.
- Likewise, watch for cars coming out of inbuilt areas. They may not see you.
- Don't pass other cyclists on the right.
- When needed, make noise—use a horn, a bell, whistle or just yell.
- In heavy, slow-moving traffic, it's often safer to ride in the middle of a traffic lane so that everyone can see you and cars won't try to squeeze around you.

- On busy streets, don't ride back and forth around parked cars or other obstacles. Maintain a straight course and watch out for opening car doors.
- Be ready to brake. Keep your hands on or near the brake levers so you can stop quickly.
- Pedal strongly when going through intersections.
- If 5 or more cars are behind you, pull over and let them pass.

## ROAD AWARENESS

- Stay alert to changes in your surroundings at all times.
- Communicate your intentions to drivers and other cyclists as much as possible. Use hand signals whenever you turn or stop, but assume that those signals might not be understood by every driver.
- Make friendly eye contact with drivers. This helps to ensure your intentions are understood by motorists.
- Semi-trucks have a blind spot when they turn; avoid riding in the blind spot.
- Avoid actions that can cause accidents between bicycles, such as following too closely, poor communication or lapses in concentration.
- Be especially cautious at intersections. Many cycling accidents occur here.
- Ride with confidence when you're in traffic. Timid, wobbly riders make drivers nervous. Cyclists or groups of cyclists who ride in a respectful, self-assured manner are more likely to be granted extra room and respect in return.

Check behind yourself frequently and listen for approaching cars. To make this easier, wear a helmet-mounted or eyeglass-mounted mirror.

Wishing you a Healthy Happy Ride

Called from the Net

## **BUS SAFETY TIPS FOR SCHOOL CHILDREN**

HELP KEEP CHILDREN SAFE BY TEACHING 10 SIMPLE SAFETY RULES:

- BE EARLY FOR THE BUS.
- NEVER RUN TO OR FROM THE BUS.
- BE ALERT AND STAND BACK FROM THE CURB.
- DON'T PUSH OR SHOVE.
- STAY IN YOUR SEAT.
- DON'T YELL OR SHOUT.
- ALWAYS OBEY THE DRIVER.
- WAIT FOR THE DRIVER'S SIGNAL BEFORE CROSSING THE STREET.
- ALWAYS WALK AT LEAST 12 FEET (6 GIANT STEPS) IN FRONT OF THE BUS WHEN CROSSING THE STREET.
- NEVER CRAWL UNDER A SCHOOL BUS.

# TOP 20 SAFETY TIPS FOR DRIVING

Safety is something that drivers should keep in mind at all times. After all, when you are operating a motorized vehicle, you have a responsibility to do your part to keep the roadways safe for yourself, other drivers, passengers, and others who may be affected by traffic accidents.

- 1- **Stay Alert** - Actively pay attention to your actions and those of the drivers around you when you are driving.
- 2- **Avoid Assumptions** - Don't make the mistake of assuming that other drivers are going to do or what you think they should do.
- 3- **Use Turn Signals** - While you can't depend on others always signalling their intentions when driving, you can certainly control whether or not they have realistic expectations for your actions. Always use your turn signals in advance of making a lane change or turning.
- 4- **Buckle Up** - Wearing your seat belt is an essential safety tip for drivers. Not only are you more likely to get injured in an accident if you aren't wearing a seat belt, you can also be fined for failing to do so.
- 5- **Follow Traffic Signals** - Pay close attention to and obey stop signs and traffic lights.
- 6- **Respect Yellow Lights** - Remember that the intent of a yellow light is to notify drivers to slow down and prepare to stop. A yellow traffic signal should not be viewed as a sign to step on the gas to rush through an intersection before the light turns red.
- 7- **Come to a Complete Stop** - When you see a stop sign or a red light, it's important to bring your vehicle to a complete stop, even if you think no other vehicles are coming.
- 8- **Do Not Text and Drive** - It is never acceptable to send text messages when operating a motor vehicle.
- 9- **Obey Speed Limits** - When driving, it's important to stick to the posted speed limit at all times. The restrictions placed on vehicle speed are not established arbitrarily. Rather, they are carefully selected to maximize safety for drivers and for individuals in the homes, businesses, and other organizations in the areas where roadways are located.
- 10- **Make Adjustments for Weather** - When the weather is less than perfect, such as rainy, snowy, or foggy conditions, use extra precautions when driving and follow guidelines for staying safe in the particular situation you are facing.
- 11- **Exercise Patience** - Many accidents are caused by impatient drivers who are rushing to get from point A to point B. While time is certainly a valid consideration when traveling, safety is even more important. After all, if you are involved in an accident you'll certainly experience more of a challenge arriving at your destination on time than if you simply exhibit patience while driving.
- 12- **Be Predictable** - Don't make sudden stops or lane changes. Instead, take care to ensure that other drivers are likely to be able to predict your actions to maximize safety.

# TOP 20 SAFETY TIPS FOR DRIVING

13- **Never Drive Under the Influence** - It's essential to avoid operating a vehicle if you have been drinking, taking certain types of prescription or non-prescription drugs, or are otherwise impaired.

14- **Yield Right of Way** - When other drivers has the right of way, be sure to yield to them. Also, don't make the mistake of assuming that everyone else will yield to you when they should. Regardless of who has the right to go, yield if it seems that the other driver may not be observing standard practices for yielding.

15- **Respect Stopped Vehicles** - When passing vehicles that are stopped on the side of the road, move over to get out of the way if the way is clear for you to change lanes. If changing lanes is not possible, slow down while passing stopped vehicles.

16- **Avoid Distractions** - Sending text messages isn't the only dangerous distraction that drivers need to avoid while operating a vehicle. Changing CDs, using cell phones, eating, and interacting with passengers are just a few examples of the types of distractions that you should take care to avoid when driving.

17- **Use Headlights When Needed** - Headlights aren't just necessary at night. When you are driving in the rain or fog, turning on your headlights can play an important role in keeping you - and those around you - safe on the road.

18- **Share the Road** - Remember that you are not the only driver on the road. An important safety trip that everyone needs to follow is the need to share the road with others graciously, recognizing that all drivers deserve to be treated with respect.

19- **Know Where You Are Going** - Plan your travel route ahead of time so that you aren't struggling to figure out where to go while you are operating a motorized vehicle.

20- **Proper Vehicle Maintenance** - Take care to ensure that your automobile stays in good working condition. This includes keeping fluids topped off, performing schedule engine maintenance, making certain tires have plenty of air, and ensuring that the vehicle's exterior lights are functional at all times.

The provision of safe motoring environment in the country is the responsibility ***of all as such all hands must be on deck to achieve that.***  
***Play safe and be safe on the road.***



