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# FRSC INSIGHT

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## COVID-19 VACCINE



GLOBAL  
ROAD SAFETY  
PERFORMANCE  
TARGETS

## DRIVELESS CARS



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Giving insight into the Corps activities through virtual Magazine



# THE EDITORIAL

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# GLOBAL ROAD SAFETY

## PERFORMANCE TARGETS

**TARGET 1**  
2020



**Target 1:** By 2020, all countries establish a comprehensive multisectoral national road safety action plan with time-bound targets.

**TARGET 2**  
2030



**Target 2:** By 2030, all countries accede to one or more of the core road safety-related UN legal instruments.

**TARGET 3**  
2030



**Target 3:** By 2030, all new roads achieve technical standards for all road users that take into account road safety, or meet a three star rating or better.

**TARGET 4**  
2030



**Target 4:** By 2030, more than 75% of travel on existing roads is on roads that meet technical standards for all road users that take into account road safety.

**TARGET 5**  
2030



**Target 5:** By 2030, 100% of new (defined as produced, sold or imported) and used vehicles meet high quality safety standards, such as the recommended priority UN Regulations, Global Technical Regulations, or equivalent recognized national performance requirements.

**TARGET 6**  
2030



**Target 6:** By 2030, halve the proportion of vehicles travelling over the posted speed limit and achieve a reduction in speed-related injuries and fatalities.

**TARGET 7**  
2030



**Target 7:** By 2030, increase the proportion of motorcycle riders travelling correctly using standard helmets to close to 100%.

**TARGET 8**  
2030



**Target 8:** By 2030, increase the proportion of motor vehicle occupants using safety belts or standard child restraint systems to close to 100%.

**TARGET 9**  
2030



**Target 9:** By 2030, halve the number of road traffic injuries and fatalities related to drivers using alcohol, and/or achieve a reduction in those related to other psychoactive substances.

**TARGET 10**  
2030



**Target 10:** By 2030, all countries have national laws to restrict or prohibit the use of mobile phones while driving.

**TARGET 11**  
2030



**Target 11:** By 2030, all countries to enact regulation for driving time and rest periods for professional drivers, and/or accede to international/regional regulation in this area.

**TARGET 12**  
2030



**Target 12:** By 2030, all countries establish and achieve national targets in order to minimize the time interval between road traffic crash and the provision of first professional emergency care.

- PILLAR 1: Road safety management
- PILLAR 2: Safer roads and mobility
- PILLAR 3: Safe vehicles
- PILLAR 4: Safe road users
- PILLAR 5: Post-crash response

Following the request of the United Nations General Assembly, on November 22, 2017 Member States reached consensus on 12 global road safety performance targets. For more information: [http://www.who.int/violence\\_injury\\_prevention/road\\_traffic/road-safety-targets/en/](http://www.who.int/violence_injury_prevention/road_traffic/road-safety-targets/en/)



# COVID-19 VACCINE

## COVID-19 HAS INDEED CHANGED THE WAY WE LIVE OUR LIVES.

This dreaded sickness has cast fear across the globe and to some extent torn us apart. Handshake has now become almost like a taboo.

The development of vaccines by some of the pharmaceutical giants are a welcome development.

We are going to take look at the vaccine produced by Pfizer and Moderna.

The United Kingdom became the first country to approve AstraZeneca's COVID-19 vaccine for emergency use on Dec. 30, just weeks after Pfizer's and Moderna's respective vaccines received a green light from the Food and Drug Administration in the United States.

The approval is another promising sign in the global immunization

rollout—especially because this option, developed by the University of Oxford and biopharmaceutical company AstraZeneca, could be key to reaching people in rural and underfunded areas.

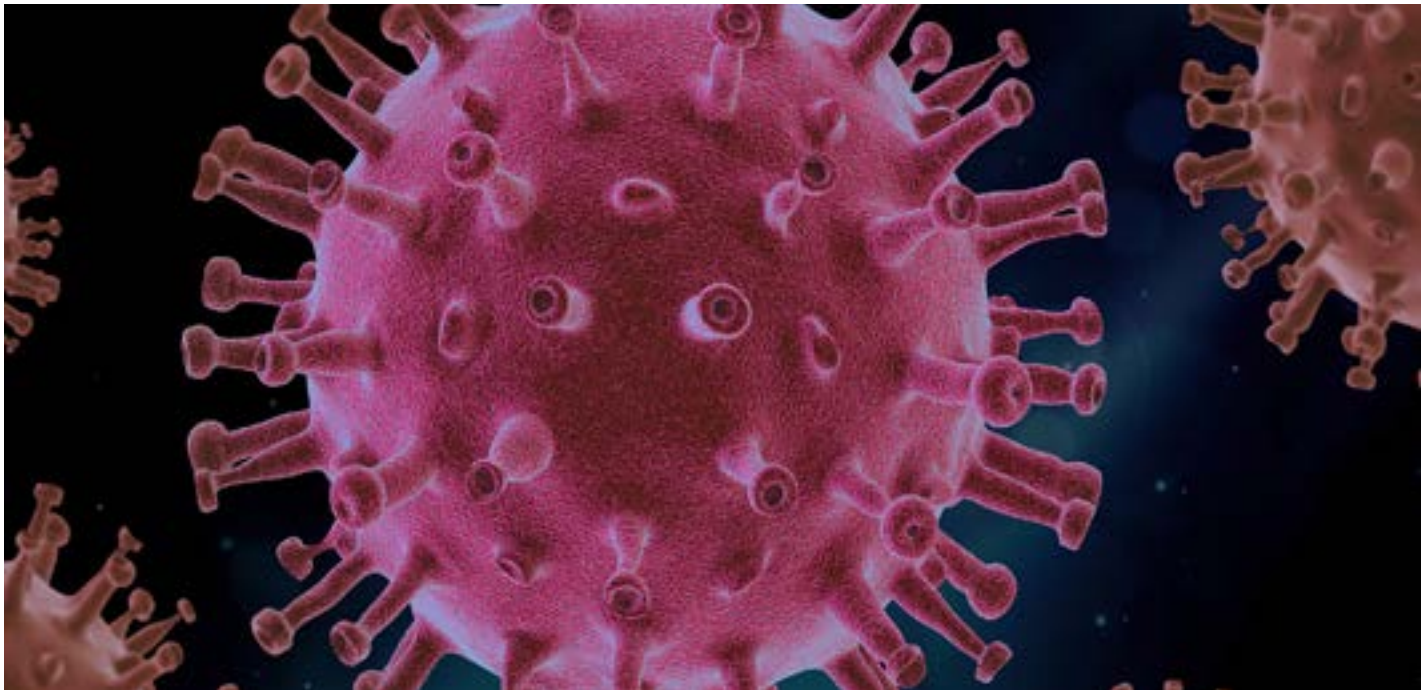
Unlike its competitors, the AstraZeneca COVID-19 vaccine can be stored at higher temperatures, costs less per dose, and uses different technology to immunize people. New findings out of South Africa, however, could interrupt the vaccine's path to approval: It appears to offer only minimal protection against the country's dominant, more contagious variant, which is rapidly spreading worldwide.

Although vaccine hasn't been approved for use in the U.S. yet, here's what we know about it so far, and how it stacks up against Pfizer's and Moderna's.

How does the AstraZeneca







manufacture antibodies that work against COVID-19, teaching your body how to respond should you become infected.

In other words, AstraZeneca's

vaccine mimics a COVID-19 infection without its life-threatening side effects, per a release from the company. The reason researchers chose a chimpanzee adenovirus is simple: The modified virus needs

COVID-19 vaccine work?

AstraZeneca's vaccine uses adenovirus-vectored technology. Translation: It's a harmless, modified version of a common cold virus that usually only spreads among chimpanzees. This altered virus can't make you sick, but it carries a gene from the novel coronavirus' spike protein, the portion of the virus that triggers an immune response. This allows the immune system to

**BEING ABLE TO USE  
A TYPICAL FRIDGE  
"ALLOWS TIME FOR  
DISTRIBUTION,  
ALLOWS THE VACCINE  
TIME TO GET TO MORE  
RURAL AREAS**

to be new to the people being vaccinated—otherwise, the body won't create those all-important antibodies. Anyone could already have antibodies for a cold spread among humans, but far fewer people have been exposed to a cold spread among chimps.

Initially, the vaccine was administered with two shots spaced about a month apart. But new research from Oxford and AstraZeneca appears to show

that the vaccine’s efficacy actually goes up when the second dose is delivered more than 12 weeks after the first. (More on this study’s findings below.)

The Pfizer-BioNTech and Moderna vaccines, meanwhile, rely on mRNA technology, which essentially introduces a piece of genetic code that tricks the body into producing COVID-19 antibodies, no virus required. Both approved vaccines require two shots spaced about a month apart. Although no adenovirus-vectored vaccine has been approved for human use before, companies like Johnson & Johnson, CanSino, and NantKwest are all working on their own versions.

How does the AstraZeneca vaccine compare to the Moderna and Pfizer vaccines?

Storage and distribution

AstraZeneca’s vaccine is the easiest to transport so far—it can be stored for up to six months between 36 and 46°F, normal refrigerator temperatures. The Moderna and Pfizer options, meanwhile, must be stored at subzero temperatures until they’re ready to be used, at -4°F and -94°F, respectively. (mRNA technology is relatively

fragile compared to adenovirus-vectored tech, meaning it must be kept at much lower temperatures to remain effective and stable.)

AstraZeneca’s higher storage temperature could make distribution much easier. “A clinic, a nursing home, or even [regional] health departments may not have freezers that can hold things at -94°F,” says Kawsar Talaat, M.D., an infectious disease doctor, vaccine researcher, and assistant professor in the department of International Health at Johns Hopkins University. Being able to use a typical fridge “allows time for distribution, allows the vaccine time to get to more rural areas, [and allows vaccines] to be kept at a clinic for a longer period of time.”

Cost

The new vaccine also beats its competitors on price: AstraZeneca’s vaccine costs providers about \$4 per dose, while Pfizer’s costs \$20 and Moderna’s costs \$33, Al Jazeera reports. These prices will most likely fluctuate as time goes on and the vaccines evolve.

Side effects

All three vaccines’ side effects are similar, including potential injection

site pain and flu-like symptoms, including fever, fatigue, headaches, and muscle pain, which are to be expected as your immune system is primed, especially after the second dose.

Efficacy

The two mRNA vaccines have a slight edge in efficacy; both Pfizer and Moderna report being about 95% effective against COVID-19 after the second shot in clinical trials. (For comparison, the annual flu shot is usually between 40 and 60% effective, per the CDC.) They also appear to reduce the risk of severe illness even if you do become infected with SARS-CoV-2.

The new AstraZeneca study, which has not yet been peer-reviewed, found the vaccine is 76% effective against the current, dominant strain of the novel coronavirus for up to three months after just one dose. Remarkably, it also appears to show that the vaccine becomes more effective with a longer wait between doses; infections were less likely among those who received their booster more than 12 weeks after their initial shot compared to those who received their booster less than six weeks after. More research is needed to confirm the significance





of these findings, however.

Photo credit: Hearst Owned

If the data checks out, this could free up reserves of second-dose AstraZeneca vaccines to be used as first doses, potentially bolstering the global immunization effort. Since each vaccine is unique, though, separate trials recommending a longer wait between doses of the Pfizer and Moderna vaccines will be necessary.

Every available vaccine, along with

Johnson & Johnson's (which also has yet to be approved in the U.S.), appears to offer lower protection against the new, more infectious COVID-19 variants currently spreading in the U.S. and abroad. New research from South Africa on the AstraZeneca vaccine found an under-25% efficacy against mild and moderate illness from the country's more contagious B.1.351 variant, failing to meet the threshold for emergency approval. As a result, South Africa has since stopped offering the AstraZeneca vaccine to its citizens.

"These results are very much a reality check," Shabir Madhi, who led the trial, said at a press conference this week. That said, further research is needed to determine if the vaccine prevents severe illness, hospitalizations, and deaths. If it does, the shot would still be well worth it. For now, the best way to avoid the variants is to continue following disease prevention guidelines and to get your shot as soon as you're eligible.

Which COVID-19 vaccine is the best?

There's no "best" vaccine option, as there's not enough research to confirm that yet. Vaccines aren't a silver bullet, especially as the pandemic rages on: They must be combined with masks, hand-washing, and social distancing to work as effectively as possible, per the CDC. No matter which COVID-19 vaccine becomes available to you first, you can feel confident in its ability to protect you, as long as you continue being cautious until positive cases, hospitalizations, and deaths are significantly reduced nationwide.

In the meantime, it's likely "that all the manufacturers are

working on making their vaccines more stable at easier-to-manage temperatures,” Dr. Talaat explains. Similarly, manufacturers are likely working toward greater protection against new variants. As their formulations change, their pros and cons will, too.

For now, we can be thankful that AstraZeneca’s vaccine is being studied more. “The next generation of vaccines, like AstraZeneca’s, which is kept at refrigerator temperatures, is a major advancement,” Dr. Talaat says. “When you’re talking about distribution to the entire world, it’s much easier to do because we already keep vaccines cold. It’s a lot harder to keep things frozen.”

This article is accurate as of press time. However, as the COVID-19 pandemic rapidly evolves and the scientific community’s understanding of the novel coronavirus develops, some of the information may have changed since it was last updated. While we aim to keep all of our stories up to date, please visit online resources provided by the CDC, WHO, and your local public health department to stay informed on the latest news. Always talk to your doctor for professional medical advice.



# DRIVELESS CAR



TECHNOLOGY, WHETHER FOR GOOD OR BAD, IS TAKING OVER OUR LIVES. TODAY, WE CAN HARDLY DO WITHOUT OUR PHONES. THIS ARTICLE IS NOT ABOUT PHONES. IT IS ABOUT DRIVELESS CARS.

Imagine getting into your car, typing—or, better yet speaking—a location into your vehicle's interface, then letting it drive you to your destination while you read a book, surf the web, or nap. Self-driving vehicles—the stuff of science fiction since the first roads were paved—are coming, and they're going to radically change what it's like to get from point A to point B.

In 2009, Google started the self-driving car project with the goal of driving autonomously over ten uninterrupted 100-mile routes. In 2016, Waymo, an autonomous driving technology company, became a subsidiary of Alphabet, and Google's self-driving project became Waymo.

Since then, Waymo has invited the public to join the first public trial of autonomous vehicles operated by the Waymo Driver and introduced its first fully autonomous vehicles operated by the Waymo Driver on public roads without anyone in the driver's seat.

The key takeaway is that the hype around driverless cars has grown rapidly over the past several years, with many big technology companies getting behind the concept. Google launched its Waymo division to develop and market consumer-ready driverless vehicles around the globe. The company, along with several others in the tech and auto industries, is betting that driverless cars will soon change the way we get around in a major way. Among the revolutionary changes will be safer roads, fewer fossil fuels, and lower transportation costs.

According to Russ Rader, senior vice president of communications at the Insurance Institute for



Highway Safety, the building blocks of driverless cars are on the road now. That the front-crash prevention systems for several years have been able to warn drivers of an impending obstacle and apply the brakes if they don't react fast enough.

These systems were quickly followed by technology that allows cars to self-park by sizing up a free spot and automatically steering into it, with the driver only controlling the accelerator and brake pedals. Mercedes-Benz took autonomous driving even further when they introduced Drive Pilot, which allows the driver to hand over direct control of steering and speed in certain circumstances, while still supervising the overall operation of the car.

In 2018, Waymo announced that they would be making self-driving cars available by 2020. However, despite some extraordinary advancements, in the year 2020, self-driving cars are still out of reach, except in some trial programs.<sup>3</sup> The current technology on the market is limited to cars that will automatically brake for you if they anticipate a collision, cars that help keep you in your lane, and cars that can mostly handle highway driving.

The idea behind self-driving cars is fairly simple: build a car with cameras that can track all the objects around it. The car should react if it's about to steer into one. And once in-car computers know all driving rules, they should be able to navigate to their destination. In the end, you might say that the execution of these ideas has been more complicated than was anticipated.

I think, the future of driveless car is here right with us.



# COPING WITH grief

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Coping with the loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is



often the cause of the most intense type of grief—but any loss can cause grief, including Divorce or relationship breakup, Loss of health, Losing a job or Loss of financial stability

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold

#### The five stages of grief

Denial: “This can't be happening to me.”

Anger: “Why is this happening? Who is to blame?”





Bargaining: “Make this not happen, and in return I will \_\_\_\_\_.”

Depression: “I’m too sad to do anything.”

Acceptance: “I’m at peace with what happened.”

If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you’ll heal in time. However, not everyone who grieves goes through all of these stages—and that’s okay. Contrary to popular belief, you do not have to go through each stage in order to heal. In fact, some people resolve

their grief without going through any of these stages. And if you do go through these stages of grief, you probably won’t experience them in a neat, sequential order, so don’t worry about what you “should” be feeling or which stage you’re supposed to be in.

Seek support for grief and loss

The pain of grief can often cause you to want to withdraw from others and retreat into your shell. But having the face-to-face support of other people is vital to healing from loss. Even if you’re not comfortable talking about your feelings under normal circumstances, it’s important

to express them when you’re grieving. While sharing your loss can make the burden of grief easier to carry, that doesn’t mean that every time you interact with friends and family, you need to talk about your loss. Comfort can also come from just being around others who care about you. The key is not to isolate yourself.

Turn to friends and family members. Now is the time to lean on the people who care about you, even if you take pride in being strong and self-sufficient. Rather than avoiding them, draw friends and loved ones close, spend time together face to face, and accept the assistance



that's offered. Often, people want to help but don't know how, so tell them what you need—whether it's a shoulder to cry on, help with funeral arrangements, or just someone to hang out with. If you don't feel you have anyone you can regularly connect with in person, it's never too late to build new friendships.

Accept that many people feel awkward when trying to comfort someone who's grieving. Grief can be a confusing, sometimes frightening emotion for many people, especially if they haven't experienced a similar loss themselves. They may feel unsure about how to comfort you and end up saying or doing the wrong things. But don't use that as an excuse to retreat into your shell and avoid social contact. If a friend or loved one reaches out to you, it's because they care.

Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful to you—such as praying, meditating, or going to church—can offer solace. If you're questioning your faith in the wake of the loss, talk to a clergy member or others in your religious community.

Join a support group. Grief can feel very lonely, even when you

have loved ones around. Sharing your sorrow with others who have experienced similar losses can help. To find a bereavement support group in your area, contact local hospitals, hospices, funeral homes, and counseling centers, or see the Resources section below.

Talk to a therapist or grief counselor. If your grief feels like too much to bear, find a mental health professional with experience in grief counseling. An experienced therapist can help you work through intense emotions and overcome obstacles to your grieving

Shock and disbelief. Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If someone you love has died, you may keep expecting them to show up, even though you know they're gone.

Sadness. Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.

Guilt. You may regret or feel guilty



about things you did or didn't say or do. You may also feel guilty about certain feelings (e.g. feeling relieved when the person died after a long, difficult illness). After a death, you may even feel guilty for not doing something to prevent the death, even if there was nothing more you could have done.

**Anger.** Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry with yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.

**Fear.** A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the responsibilities you now face



alone.

### Physical symptoms of grief

We often think of grief as a strictly emotional process, but grief often involves physical problems, including:

- Fatigue
- Nausea
- Lowered immunity
- Weight loss or weight gain
- Aches and pains

### ACKNOWLEDGE YOUR PAIN

- Accept that grief can trigger many different and unexpected emotions.
- Understand that your grieving process will be unique to you.
- Seek out face-to-face support from people who care about you.
- Support yourself emotionally by taking care of yourself physically.

Instead of a series of stages, we might also think of the grieving process as a roller coaster, full of ups and downs, highs and lows. Like many roller coasters, the ride tends to be rougher in the beginning, the lows may be deeper and longer. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss. Even years after a loss, especially at special events such as a family wedding or the birth of a child, we may still experience a strong sense of grief.

Source: Hospice Foundation of America

# Things To Do When You're Depressed



Going through or experiencing depression can serve as immensely challenging. Depression can have very serious impacts on an individual's physical body, mental and emotional wellbeing and so much more. While the seriousness of depression is becoming more understood and well-known, there are still some people who aren't fully aware of how significant depression is and how much it can impede someone's livelihood. Another common problem associated with depression is an unawareness of what to do while experiencing this particular state of being.

Understanding How Much Depression Impacts Lives

There are varying degrees of depression. Certain people experience depression in lapses, while others are ongoing depressed. Nevertheless, depression literally has the capability to impact every aspect of an individual's life. In many cases, depression doesn't simply wear off or subside. This is why it's so very problematic when depressed individuals are told to simply shake it off or "get over it." Depression literally does not work this way.

Mental Impacts

It goes without saying that depression has a very real impact on people's mental state. Depression quite literally changes brain chemistry and the manner in

which individuals see the world. Someone who is going through depression may feel anxious, habitually empty, and they may also experience thoughts of suicide. It's not uncommon for people with depression to struggle with even getting out of bed in the morning or doing things which are considered basic by most people. It's important to remember that just because the mental impacts are not able to be seen with the naked eye (at least, not immediately), this does not make them any less real.

### Emotional Impacts

Depression truly has a way of adversely altering someone's emotional wellbeing. Sadness, stress, anger and general irritability are all symptoms associated with depression. In many cases, depressed individuals often withdraw from hobbies or activities which they ordinarily enjoy. Concentration issues and feelings of helplessness and hopelessness are also associated with depression. The impacts associated with this mental health issue have a way of rippling out, even if people don't realize. With time, the emotional impacts of depression can worsen and if the associated symptoms aren't recognized, this also opens the door to additional problems.

### Physical Impacts

The mental and emotional impacts of depression are pretty well-established. However, depression also has the power to physically affect someone, despite these effects being less commonly discussed. The potential physical impacts of depression include extreme gains or losses in weight, headaches, nausea, insomnia, chronic pain, and even attacks on the immune system. In many cases, it takes longer for the physical impacts of depression to set in; they can also be especially

dangerous when combined with the other impacts of depression.

Reviewing the impacts of depression can be a lot to take in. This type of mental health issue is very scary and nothing to crack jokes about. However, having an awareness of the effects associated with depression allows for a deeper understanding of steps to take if and when you're going through this struggle yourself.

### What To Do When You Are Depressed

There are millions of people who struggle with depression each year. Imagine how much lives could be saved if depressed individuals knew what to do and how to work through their depression. This type of mental health issue is very serious, but that doesn't mean it can't be overcome. One of the best ways to beat depression is to know how to handle it. In order to make that happen, you have to know what to do when you are depressed.

#### Set Plans

Setting plans may sound basic and redundant, but planning is an excellent way of giving yourself something to look forward to. One of the best ways to set plans is either using a virtual calendar on your phone or a physical calendar. Taking notes of what needs to be done when is always helpful and it can also prevent you from feeling overwhelmed or unsure of what to tackle next. Following through with plans has a way of keeping people focused and busy; having something to do can furthermore take your mind off depression or additional triggers.

#### Interact with Other People

Isolation is one of the greatest and most unhealthy



enablers of depression. If you are struggling, you may not feel the urge to be around other people. It can be tempting to close yourself off and keep other individuals at a distance; albeit, when you are feeling this way, this is the time where interacting with other people matters the most. The reality is that being around others can boost your mood and really bring some sunshine into your life. Have a conversation, exchange words, and don't be afraid of other people. In both the short term and the long term, you will thank yourself.

### Exercise

The impacts of exercise and physical activity are extremely well-documented. Exercise has been proven to positively affect people's mental, emotional, and physical well-being. Getting moving releases endorphins and can also be used as a source of stress

relief. This doesn't mean that you have to train for three hours everyday, but getting your exercise in on a frequent basis certainly makes a difference. If you're not used to exercising, that's fine as well. You can begin at the level which you feel most comfortable with and then gradually work your way up with time. Exercise has also been known to promote feelings of accomplishment and productivity.

### Soak up Some Sunlight and Fresh Air

Sometimes, one of the best ways to fight against depression is to literally get some sunlight into your life. Believe it or not, sunlight can improve your general mood and even increase levels of serotonin within your brain. You don't have to be in the sun all day, but soaking up some fresh air and rays for even just 15 minutes can make a positive difference in your life. If you have





sensitive skin, then you may want to wear sunscreen; this can prevent you from getting sunburn. Taking a walk, eating outside, or even going for a jog around the block are great, easy ways to get some sunlight into your life.

#### Take it One Day at a Time

In so many situations, people feel pressure to take on everything at once. In other cases, this simply isn't realistic and it can make matters even worse. If you're dealing with depression, it can also further certain symptoms. This is why taking things one day at a time is so important. You can still make plans and have an idea of what you will do, although you don't have to try to take on the world. Pace yourself, take as much time as you need, and know that working through depression is a journey. It won't happen overnight, but with time, dedication and consistency, you will get better.

#### Embrace Positive Thoughts

Depression can make it really hard for you to embrace positivity and truly love who you are. Nevertheless, embracing positive thoughts about yourself is still very important, both for overcoming depression and mental health purposes. Whenever you feel yourself spiraling into negativity, push yourself to think of three positive things about who you are. This could pertain to your qualities as a human being, your accomplishments, or milestones which you've reached in your life. You know yourself better than anyone and each person has their strong suits. Don't be afraid to pat yourself on the back and consciously acknowledge your strengths. This is a really significant mental exercise to practice when you are feeling depressed.

#### Seek Professional Help

Taking steps to rise above depression in your life is commendable and you ought to be proud of yourself. With that in mind, you are one person and there is still so much you can do. Even if you follow all of the above advice, you may still find that seeking professional help can make a significantly positive difference in your life. Working with someone who knows and understands depression on a very deep level is often a major turning point. A person like a counselor or therapist also has the ability to provide fresh insight and details which you may not previously have thought of.

If you're open to it, Seek help from counselors and therapists who would be more than happy to work with you. Whether you're dealing with depression or another matter entirely, We know that life can be challenging and those challenges are different for various people. It's also important for you to know that you don't have to deal with depression or anything else on your own. Knowing what to do when you are depressed is very impactful, but so is having the right people in your corner. A professional can truly make a difference in your life if you allow them to do so.

# SAFETY REQUIREMENT IN A VEHICLE



Before you move your car, you must make sure that it meet the basic requirements. Not because you are afraid to be apprehended by the Road Safety Officer but because you want to stay safe.

- Every vehicle must have the following:
- Warning triangle/cone(c-caution)
- Fire extinguisher
- Jack
- Spare tyre
- First aid kit
- Wheel spanner

- Water
- Hydraulic
- Transmission fluid
- Torch light
- Spare fan belt
- Tow rope
- Wedges, etc.

## 2 Warning Triangle (C-caution).

This is a triangular reflector with a sitting base used by a motorist to warn others in case of a vehicle break down. A motorist is expected

to have at least two in the vehicle to be deployed as count-down measures as follow:

- i. On a single carriageway (highway), one to be place 45m from the broken down vehicle and the others 45m after.
- ii. On an expressway, the first sign should be place at 90m from the broken down vehicle and another one at 45m from the vehicle.

Note: upon vehicle break down activates the hazard light before putting the triangles in place to ensure visibility.

3 Fire Extinguisher.

It is an active fire protection device used to put out small fire often in emergency situations. The dry chemical powder is recommended for automobile fire.

VEHICLE TYPES AND SIZE SPECIFICATION OF FIRE EXTINUSHER

Vehicle	NO. required	size
I. Articulated	2 units	9kg
II. Lorries	2units	6kg
III. Luxury buses	2units	6kg
IV. Medium buses	1units	2kg
V. Light goods vans	1units	1kg
VI. Taxis	1units	1kg
VII. Cars	1units	1kg

4 First Aid box (bag or kit) contains items required for emergency help to an injured person before comprehensive medical care is available A vehicle is expected to have a Fire Aid Box. Some of the items expected the Box include :

- i. Pair of scissor
- ii. Safety pins

- iii. Iodine
- iv. Cotton wool
- v. Handkerchiefs
- vi. Plasters/dressing for wounds
- vii. Splints
- viii. Bandages
- ix. Disposable gloves
- x. Razor blades
- xi. Adhesive tapes
- xii. Aspirin/ paracetamol
- xiii. Antibiotic ointment
- xiv. Antiseptic
- xv. Petroleum jelly
- xvi. Antibacterial soap
- xvii. Latex gloves/ facial mask
- xviii. Water hydrogen per oxide



## 5 SPARE

5. A spare tyre is an additional tyre carried in a motor vehicle as a replacement for one that goes flat, blow out or other emergencies. A vehicle must always have a spare tyre.

## 6 JACK

A jack is a portable device for raising a motor vehicle off the ground by means of force applied with a level, screw or hydraulic press. A vehicle is required to have an appropriate jack.

## 7 WHEEL SPANNER

A wheel spanner is a tool used for loosening or tightening wheel nut. A vehicle is expected to have at least one wheel spanner.

## 8 WHEEL CHOCK (WEDGE)

A wheel chock is a device put under a vehicle's wheel to wedge and prevent accidental



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