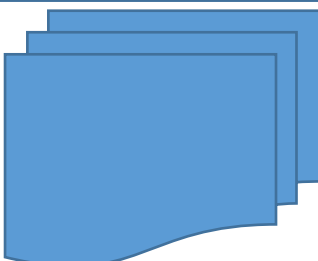


# ROAD SAFETY & TYRE SAFETY



## ***Basic rules about tyre safety:***

*Giving insight into the Corps activities through virtual Magazine*



The tortoise protects itself with its shell, motorcyclists why can't you protect your head with the crash helmet.





In this November, 2020 edition of the FRSC Insight, the focus is on giving awareness to the general motoring public on the other means of renewing drivers licence (by-pass).

With the rate of fake licence production especially in the past, The publication also delves more on enlightening the public on the processes of verifying the genuineness of Drivers licence.

Here, we are going to highlight the possibility of having two (2) classes of licence in a single plastic card.

This is part of the Corps' effort of aligning with the Government executive order no.1 of "Ease of doing business".

This insight also highlights importance of tyre safety on our vehicles as well as the basic rules about tyre safety, especially in this yuletide period. 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.

It is also important that people know the health benefits of some of the fruits around us. In this regard, the November edition is going to put to lime light what Garlic is, its nutritive values, the health benefits and what the excessive use of it might cause the body system.

The magazine touched some basic things you need to know about **Safety Helmet**.

While preparing for end of year festivity, Staff are encouraged to keep to covid-19 protocols and also families that are large should break into two (2) for safety reason.

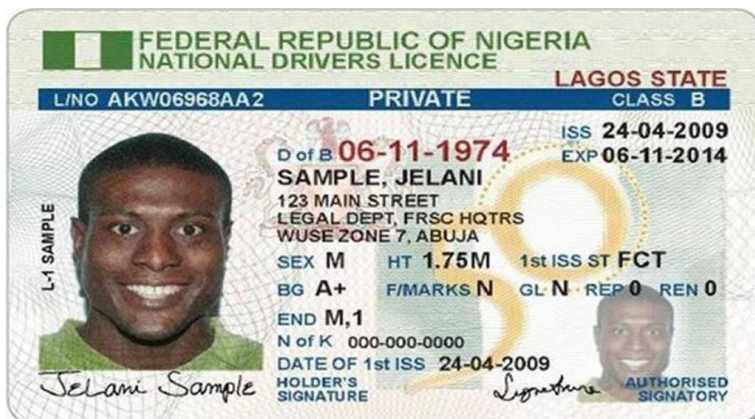
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# National Drivers Licence: what you need to know



A driver's license is an official document, often plastic and the size of a credit card, permitting a specific individual to operate one or more types of motorized vehicles, such as a motorcycle, car, truck, or bus on a public road. The lack or its inadequacy has enormous effect on the growth and general development of the country.

Keying into the executive order 1 of the Federal Government on the 'Ease Of Doing Business', without any alteration to the previous data on the expired licence, motorists can renew their licences in the comfort of their room through the by-pass method using the website [www.driverslicence.gov.ng](http://www.driverslicence.gov.ng)

The Corps, in an attempt to addressing the demand on licencing of the motoring public on the multitasking platform (e.g riding a motorcycle and driving a car). Motorcycle is class A, while commercial motor vehicle is class E. Class A and Class E can therefore be combined into 1 plastic card for the tasking of riding and driving.

## DO YOU KNOW YOU CAN RENEW YOUR DRIVER'S LICENCE WITHOUT GOING FOR THE PHYSICAL CAPTURE AGAIN?

Yes you can... It is called "capture bypass".

Step 1: Go to [www.nigeriadriverslicence.frsc.gov.ng](http://www.nigeriadriverslicence.frsc.gov.ng)

Step 2: Click on DL application.

Step 3: Click on Renewal of Drivers Licence

Step 4: Supply the licence number and your date of birth and it will pull up your details.

\*\*\*NOTE: Applicants have the option of either bypassing capture or going for physical capture. Bypass capture means the applicant is satisfied with his details and does not wish to recapture his biometrics. This applicant will however be required to visit the centre to collect the permanent card when it is ready. An applicant that chooses not to bypass capture will be required to visit the Driver's Licence Centre to recapture his biometrics.

Step 5: Upon completion of the online application process, the applicant is to make payment using the payment options on the portal: Use of Visa or Master Card for online payment or Payment through the banks (Payarena, NetpostPay).

Step 6: Print Acknowledgment Slip (this will serve as your temporary licence)

Step 7: The applicant then waits until the permanent licence is printed and goes for collection.

\*NOTE: If applicant chose to do physical capture, he/she will take the payment receipt to Driver's Licence Centre for physical capture and will get a Temporary Driver's Licence.

The fee for obtaining licence is as follows; #6,350 for 3 years and #10,450 for 5 years respectively.





An applicant who obtained Drivers licence

## HERE'S HOW YOU CAN CHECK ONLINE IF YOUR NIGERIAN DRIVING LICENCE IS AUTHENTIC:

**Visit [www.nigeriadriverslicence.org](http://www.nigeriadriverslicence.org)**

- Click on DL Application
- Click on Re-Issue of Driver's Licence from the drop down
- Supply Driver's Licence Number and Date of Birth in the dialog box that opens
- Click on search
- Click Ok from the pop up box, after confirming the Drivers Licence number to be correct
- This will pull up your information as supplied when you processed the New Driver's Licence
- If it does not pull up your data, it means your New Driver's Licence is Fake and is not in FRSC Data Base

**NOTE: This check is only for the NEW DRIVER'S LICENCE (D)**

## Tyre safety: Basic rules you need to know

The failure to attend to tyre safety is a vital factor in thousands of road accidents every year. Research by the CSIR indicates that nearly 20% of accidents involving minibuses have tyre failure as a contributing factor. It won't help if you have the best brakes on the market, but your tyres are worn.

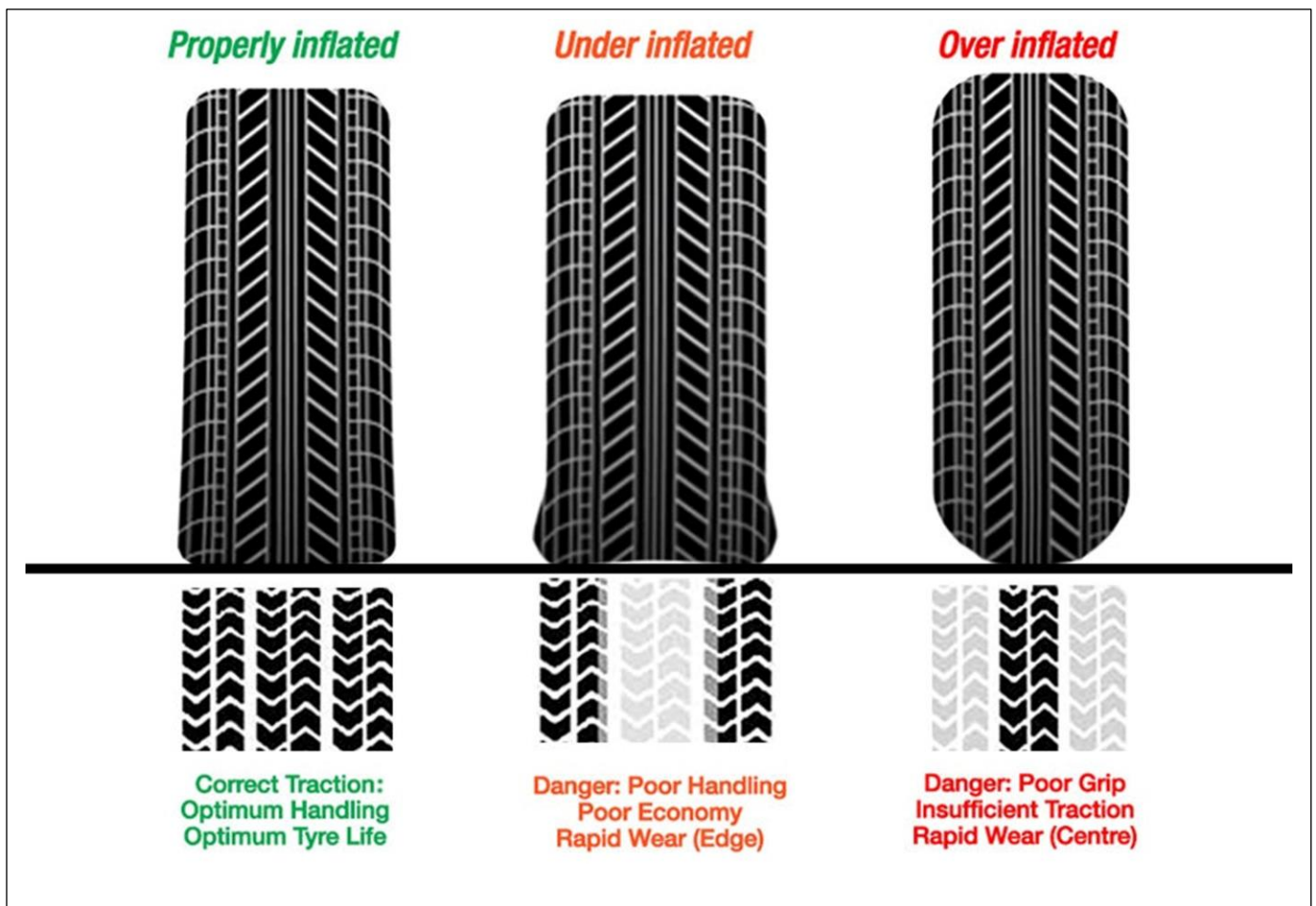
### **BASIC RULES ABOUT TYRE SAFETY:**

- Always spend time to ensure you have correct, safe tyres on your vehicle:
- Tyres should always be replaced with the same size designation as recommended by the vehicle or tyre manufacturer.
- Tyre brand, size and tread pattern must be the same on each axle.
- All four tyres should be of the same size, speed rating and construction (radial or cross-ply).
- Guard against used tyre imports, many of which are beyond retreading but are retreaded and sold illicitly. Similarly, watch out for counterfeit tyres - illicit copies of respected brands. The advice is to always look for the SABS stamp of approval.
- When two radial tyres are used with two cross-ply, put the radials on the rear axle. In some cases (especially commercial vehicles) the manufacturer might recommend different-sized tyres for the front and rear axles.
- Never assume that the tyres on your vehicle are correct, even if you have newly purchased it. Unless you bought new from an authorised dealer your vehicle may already be fitted with potentially lethal tyres.
- Over inflation/ Under Inflation
- Over and under-inflation reduces tyre to road contact and shortens tyre life.
- The tyre responds in the same manner to under inflation as to overloading.
- The same applies to over-inflation / under loading.
- Over-inflation / under loading: Reduces cushioning power of tyre. The tyre is more susceptible to impact, penetrations and abrasion. Reduced road-tyre contact. Negatively affects the handling characteristics of the vehicle. (Excessive centre wear).

## Tyre safety: Basic rules you need to know.. ii

### 1

Under inflation / Overloading: The biggest single cause of "burst" tyres. Under-inflation causes excessive flexing of the tyre sidewall which leads to overheating and ultimately, casing break-up and treads separation. Reduced tyre-road contact leads to poor handling and faster wear (Excessive shoulder wear).



**2**

**Tyre Pressure**

The importance of the correct pressure cannot be over-emphasised.

Check tyre pressure, including the spare, once a week or before undertaking a long journey – or before 10 km have been driven.

Check tyre pressure early morning (low ambient temperature)

Always use a reliable pressure gauge

Only use tyre sizes recommended by the manufacturers at the recommended inflation pressure

If the pressure is too low it affects the tyre in a number of ways.

As speed rises, excessive contact patch deformation leads to a wave being formed in the tread, which generates excessive heat, causing structural damage or even tyre failure. The extra flexibility will affect steering behaviour, directional stability, durability and rolling resistance. Even occasional low-pressure driving, or periodic vehicle overloading, may cause damage that only shows up much later as a blowout.



Inspecting the tyres / Driver Checklist for tyres



## *Tyre safety: Basic rules you need to know.. iv*

Tyres should be inspected often, and the following list highlights some of the faults to focus on:

- Check tyres regularly for punctures, penetrations, cuts and bulges.
- Cuts in the tyre could permit damp to reach the casing plies. This is harmful to both textile and steel casings and will affect safety and tyre life.
- Wheel alignment - misaligned wheels will lead to excessive tyre wear.
- A worn steering mechanism, ball joints and wheel bearings will also reduce tyre life.
- Consult your vehicle manual for the proper size and speed rating. Some tyres are now marked with letters to indicate their speed ratings. Tyre speed ratings do not imply that vehicles can be driven safely at the maximum speed for which the tyre is rated, particularly under adverse road and weather conditions, or if the vehicle has unusual characteristics.
- One-sided wear. This takes various forms. A regular smooth band of wear all around the tyre on the inside or the outside of the tread is a sign of incorrect camber. Too much toe-in causes irregular one-sided wear.
- Tread-centre wear. Regular wear of this kind is normally a sign of high tyre pressure. Driving fast for long distances may cause this on low-profile tyres because travelling at 120 km/h wears a tyre out twice as fast as travelling at 70 km/h.
- Inner- and outer-edge wear. If both inner and outer edges are worn, it usually implies that the tyres have been run at too low a pressure at normal speeds.
- Irregular bald spotting. Known as cupping, this is usually caused by worn shock absorbers, worn suspension bushes, or even loose wheel bearings.
- Missing valve caps should be replaced since they are there to prevent dirt from clogging the valves, which could cause a loss of air pressure.
- Torque wheel studs /nuts to correct setting when mounting new tyres - check for loose or missing wheel nuts.
- Check the tread depth on all tyres and replace well before they reach a regulatory minimum depth of 1.00 mm to reduce the risk of aquaplaning on wet roads.
- Where there is a Tread Wear Indicator [it indicates a tread of 1.6mm] the tread should not be below that mark of 1.6 mm.

## Tyre safety: Basic rules you need to know.. v

### General Advice on Tyre Maintenance

Tyres sizes speed/load ratings must conform to the specifications in the Vehicle Owner's Manual.

Check tyres and rims for any accidental damage after impacting with potholes/curbstones or other obstacles in the road.

Tyres, brakes, shock absorbers and rims should always be checked when servicing the vehicle.

Vehicle wheel alignment should be tested at regular intervals to obtain even tread wear and maximum service life.

No matter how good your car, or its tyres, this is no justification for breaking speed limits. If a tyre burst, do not apply the brakes; rather use the momentum and gears to slow down the vehicle. A sudden change in direction or braking will result in loss of control over the vehicle. Rather lose one rim than your car and probably your life!

Tyre rotation is a very contentious area, with some companies recommending it, other companies saying nothing, and BMW for one advising against it. Rotating the tyres regularly evens out the wear, but eventually, all the tyres will have to be replaced at the same time, which is expensive.

### Conclusion:

Always refer to the vehicle owner's manual for all tyre pressure specifications and other related information. Never forget that four tyres are the most important components between you and the road. If you suspect any damage to the tyres - consult a tyre expert!

Source: <https://www.arrivealive.mobi/road-safety-tyre-safety>

## HYDROPLANING BASICS: WHY IT OCCURS AND HOW YOU CAN AVOID IT

*Have you ever skidded while driving on a wet road for what seemed like a split second or even longer? Even if you didn't lose complete control, you most likely experienced hydroplaning.*

### WHAT IS HYDROPLANING?

The term hydroplaning is commonly used to refer to the skidding or sliding of a car's tires across a wet surface. Hydroplaning occurs when a tire encounters more water than it can scatter. Water pressure in the front of the wheel pushes water under the tire, and the tire is then separated from the road surface by a thin film of water and loses traction. The result is loss of steering, braking and power control.

Rubber tires have tread (grooves) that are designed to channel water from beneath the tire. This creates higher friction with the road surface and can help prevent or minimize instances of hydroplaning.



### WHEN DOES HYDROPLANING OCCUR?

Hydroplaning can occur on any wet road surface, however, the first 10 minutes of a light rain can be the most dangerous.

When light rain mixes with oil residue on the

road surface, it creates slippery conditions that can cause vehicles, especially those traveling speeds in excess of 35 mph, to hydroplane. This can be a deadly combination for the driver and surrounding motorists.

The chance of being involved in a motor vehicle accident increases during poor weather conditions such as fog, rain, ice and snow. However, it isn't necessarily the pounding rain and blinding snow that are the most dangerous; it is the slick conditions that drivers aren't prepared for.

### **HOW DO I AVOID HYDROPLANING?**

The following are important tips to avoid hydroplaning:-

- **Keep your tires properly inflated.**
- **Rotate and replace tires when necessary.**
- **Slow down when roads are wet: the faster you drive, the harder it is for your tires to scatter the water.**
- **Stay away from puddles and standing water.**
- **Avoid driving in outer lanes where water tends to accumulate.**
- **Try to drive in the tire tracks left by the cars in front of you.**
- **Turn off cruise control.**
- **Drive in a lower gear.**
- **Avoid hard braking.**
- **Try not to make sharp or quick turns.**



## 14 POWERFUL BENEFITS OF RAW GARLIC

Garlic is a strong-smelling, flavouring herb noted for its many health benefits. It contains a powerful compound called allicin that helps lower cholesterol. The health benefits of garlic include easing the symptoms of the common cold, lowering blood pressure, and reducing the risk of heart ailments as well as neurodegenerative disorders.

The purpose of a garlic clove is aplenty. Right from cooking purposes to medicinal uses, it is truly an all-rounder when it comes to choosing to eat healthily. Moreover, it adds a delightful flavor to all your recipes. Also, you can consume garlic in a variety of forms – such as garlic bread, garlic aioli, garlic mashed potatoes, and so on. With so many different uses, let us explore the health benefits of garlic in detail.



## **What is Garlic?**

Garlic, scientifically known as *Allium sativum*, is a close relative of the onion and is native to Central Asia. The garlic bulb contains several cloves and each clove is covered with a soft translucent peel. Garlic has been used as a seasoning in food as well as a traditional remedy for over 3,000 years. Sir Louis Pasteur, the scientist who discovered pasteurization, used the anti-bacterial qualities of this herb as early as 1858. A report in the *Journal of Pharmaceutical Research* suggested that one clove per day may bring a vast improvement in your overall health, while two to three cloves daily could help keep the common cold at bay.

## **Nutrition**

Garlic is very low in calories, saturated fats, and sodium. It has several useful minerals such as phosphorus, potassium, magnesium, zinc, calcium, and iron, and trace minerals like iodine, sulfur, and chlorine. According to the USDA National Nutrient Database, garlic is a rich source of B-vitamins (folate, thiamine, niacin, and B-6), and vitamins C, A, and K. Garlic is one of the rare dietary sources of organic compounds, allicin, allisatin 1, and allisatin 2.

## **Health Benefits of Raw Garlic**

Let's look at the health benefits of garlic below.

### **1. Eases Cold and Cough**

A 2014 paper published in the *Cochrane Database of Systematic Reviews* cited a study that assessed 146 participants over three months to find out the impact it had on patients suffering from cold and cough. As part of the study, researchers divided the total number of participants into two equal groups. One group took a placebo tablet while the other group took a garlic tablet. At the end of the study, researchers found that people who took garlic every day for three months instead of a placebo had fewer bouts of cold as compared with the placebo group.

### **2. Reduces Hypertension**

According to a 2014 report in the *Integrated Blood Pressure Control* journal, aged garlic extract has the ability to lower blood pressure in hypertensive individuals. However, further studies are required to verify if they can be considered an alternative therapy for hypertension.

### **3. Lowers Cholesterol Levels**

Raw garlic, rich in the allicin compound, prevents LDL (bad) cholesterol from oxidizing. Research shows a reduction in cholesterol and triglycerides in rats consuming raw garlic. However, there is not enough research to verify this health benefit definitively.

#### **4. Boosts Heart Health**

Garlic has significant cardioprotective properties, which help prevent major heart diseases like atherosclerosis, hyperlipidemia, thrombosis, hypertension, and more. While most reviewed research supports the correlation between garlic intake and cardioprotection, per the Nutrition Journal study, further research is needed to decide proper form and dosage. One should keep a close tab on the proper use of this herb i.e. use of different preparations available, dose, duration, and its interaction with generic drugs.

#### **5. Neuroprotective Properties**

The antioxidant and anti-inflammatory properties of raw garlic may help prevent future neurodegenerative diseases. As per a study in the Libyan Journal of Medicine, garlic and its preparations help in preventing the risk of cardiovascular ailments and stroke. However, further studies are required to identify particular garlic compounds responsible for its effects.

#### **6. Reduces the Risk of Dementia**

Oxidative damage plays a huge role in cardiovascular diseases and dementia, as the risk of these diseases increases with age. Aged garlic extract (AGE) has antioxidant properties that may help reduce the risk of common brain diseases like dementia and Alzheimer's disease. High doses of AGE have shown to increase antioxidant enzymes, as well as reduce oxidative stress to those with blood pressure problems.

#### **7. May Help Prevent Heavy Metal Poisoning**

High doses of garlic may prevent organ damage caused by heavy metals. The sulfur compounds in this herb drastically reduce lead levels in the blood. They also prevent the signs of toxicity, such as headaches and blood pressure, and also aid in better absorption of iron and zinc in the blood. A 2012 report published in Basic and Clinical Pharmacology and Toxicology reveals that garlic is effective in reducing blood and tissue lead concentrations among human beings and animals alike.

#### **8. Heals Wounds**

It acts as an effective herbal remedy for the infected wound. Place 2 crushed cloves on the infected area to get instant relief.

#### **9. Improves Bone Health**

Herbs like garlic and onion may impact estrogen levels in menopausal women, reducing the risk of osteoarthritis. They may also minimize bone loss and improve overall bone health in both men and women. Also according to a study in the Electronic Physician journal, garlic consumption reduces oxidative stress in the pathophysiology of many diseases such as osteoporosis.

## **10. Boosts Digestion**

Daily inclusion of raw garlic cloves in your diet aids digestive problems. Even inflammation or irritation of the gastric canal may be reduced using this herb. Garlic helps clear up most intestinal problems like dysentery, diarrhea, and colitis. Its role in dispelling worms is phenomenal. It does not affect the good bacteria in the intestine but destroys the harmful ones. It not only enhances digestion but also helps relieve stomach gas. [15]

## **11. Regulates Blood Sugar**

Eating raw garlic cloves reduced blood sugar levels, according to a study published in the Journal of Nutrition. [16]

## **12. Boosts Immunity**

Garlic has phytonutrients that help reduce oxidative stress, strengthening your immunity. The herb also reduces fatigue and boosts energy. A 2012 report in the African Journal of Traditional, Complementary, and Alternative Medicines revealed a study conducted on rats to ascertain if garlic played a contributory role in enhancing immune function. Researchers discovered that the extracts significantly increased white blood cell counts and showed more immune-stimulating effects. [17]

## **13. Eye Care**

It is rich in nutrients like selenium, quercetin, and vitamin C, all of which contribute to eye health and help with eye infections and inflammation. [18]

## **14. May Help Prevent Acne**

Garlic, along with other ingredients like honey, cream, and turmeric, is used as a home remedy for acne scars and blocking the onset of acne. This herb is an effective skin cleanser and an antibiotic substance that helps resolve several skin conditions, including skin rashes, psoriasis, cold sores, and blisters. Additionally, it also helps in cell synthesis, protecting against UV rays, and in delaying aging. [19]



## 15. Other Benefits

Other benefits of this herb include reducing the symptoms of asthma, increasing libido, and hair loss, among others.

### - **Controls Asthma**

Eating boiled garlic cloves is considered an effective homeopathic remedy to reduce the symptoms of asthma. Another suggested remedy is drinking a glass of milk with three boiled cloves each night before going to sleep. It can bring subsequent relief for patients with asthma. Asthma attacks may be brought under control by having crushed cloves with malt vinegar as well. However, it is advisable to check with an expert before trying these treatments at home. [20] [21]

### - **Weight Loss**

For years, garlic has been used as a remedy for weight loss. In animal models, it reduced the expression of genes that are involved in adipogenesis that lead to the formation of fat cells. The herb increased thermogenesis which helps burn fat and reduce LDL (bad) cholesterol levels. This research has positive implications for reducing obesity in humans. [22] [23]

### - **Prevents Nonalcoholic Fatty Liver**

Garlic is rich in S-allyl-mercapto cysteine (SAMC) and antioxidants which can help prevent fatty liver, according to an animal study. These compounds may also reduce the risk of hepatic injury. Further research is needed to confirm these hepatic benefits. [24] [25]

### - **Reduces UTI and Kidney Infections**

Garlic prevents the growth of *Pseudomonas aeruginosa*, a pathogen responsible for recurring urinary tract infections (UTI) and kidney infections. Fresh garlic extract is also used to prevent the growth of candida vaginitis and *E. coli* infection. [26] [27]

### - **Prevents Hair Loss**

The herb may help in preventing hair loss and promoting hair growth. Regular application of garlic gel or garlic-infused coconut oil may aid with conditions like alopecia. However, limited information and research on this connection exist, therefore more studies are needed to confirm the scientific association. [28]

### - **Antibacterial and Antiparasitic Effects**

Garlic extracts may help with *Helicobacter pylori* infection, tick bites, jock itch, and athlete's foot due to its antibacterial effects. [29]

### - **Prevents Peptic Ulcer**

The antibacterial compounds present in the herb can eliminate stomach parasites that cause peptic ulcers. [30]

## - Relieves Ear Aches

Due to the herb's antiviral, antifungal, and antibiotic properties, it is commonly used for giving relief from earache and ear infections. [31]

### **How to Use Garlic?**

The herb may be consumed raw, but the taste is so potent that most people usually prefer cooking it or adding it to various dishes before eating.

- You can chop, crush, slice, mince, or even juice garlic. Cutting it activates the alliinase enzyme that is highly beneficial to health.
- Minced garlic gives a delicious, fragrant aroma when warmed in olive oil. This can form a base for soups, stews, and curries. It is one of the main ingredients in a good pasta sauce.
- The herb is also an essential ingredient in various kinds of toothpaste and mouthwashes as it helps prevent tooth cavity and oral bacteria. [32] [34] [33]

**Word of Caution:** Excessive intake may irritate the digestive system. Also, garlic can cause bad breath. [35]

**Source:** <https://www.organicfacts.net/health-benefits/herbs-and-spices/health-benefits-of-garlic.html>

## WHY ARE HELMETS NEEDED?

### WHAT IS HELMET ?

A helmet is a form of protective gear worn to protect the head. More specifically, a helmet complements the skull in protecting the human brain. (Wikipedia)

### A HELMET PROTECTS PROTECTS YOUR HEAD

The technical expertise behind the design of high quality helmets is based on an understanding of what happens to the head in the event of a motorcycle crash. This section describes what happens in the event of a motorcycle crash, and then explains how a helmet works to reduce this effect.

During a motorcycle or bicycle crash there are two principal mechanisms of injury to the brain: through direct contact and through acceleration—deceleration. Each mechanism causes different types of injuries. When a motorcycle or bicycle is involved in a collision, the rider is often thrown from the cycle. If the rider's head hits an object, such as the ground, the head's forward motion is stopped, but the brain, having its own mass, continues to move forward until it strikes the inside of the skull. It then rebounds, striking the opposite side of the skull. This type of injury can result in anything from a minor head injury, such as concussion, to a fatal head injury. Head injuries that result from either contact or acceleration—deceleration injuries are themselves divided into two categories: open or closed head injuries. Most traumatic brain injuries are the result of closed head injuries – that is, there is no open wound to the brain. Figure 1.3 describes the two broad types of head injuries and gives examples of the types of lesions in each category – from the mildest to the most severe.



### HOW A HELMET WORKS

A helmet aims to reduce the risk of serious head and brain injuries by reducing the impact of a force or collision to the head.

A helmet works in three ways:

- It reduces the deceleration of the skull, and hence the brain movement, by managing the impact. The soft material incorporated in the helmet absorbs some of the impact and therefore the head comes to a halt more slowly. This means that the brain does not hit the skull with such great force.
- It spreads the forces of the impact over a greater surface area so that they are not concentrated on particular areas of the skull.
- It prevents direct contact between the skull and the impacting object by acting as a mechanical barrier between the head and the object.

Source: [https://www.who.int/roadsafety/projects/manuals/helmet\\_manual/1-Why.pdf](https://www.who.int/roadsafety/projects/manuals/helmet_manual/1-Why.pdf)

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.*