

The Holy Month of Ramadan is usually a challenging time to remain safe on the road, more especially when Ramadan falls during the summer months.

To ensure your safety and the safety of other road users during the Holy month, beware of your own fatigue, watch out for other fatigued drivers, and follow these basic precautions:

1. Get plenty of rest. Lack of sleep, accumulated over several days, will affect your ability to concentrate, focus, and make decision. This ultimately affects your ability to react safely to a dangerous driving situation. Plan your schedule in Ramadan to sleep well, exercise regularly, and eat your meals at a consistent time.
2. See and be seen. Before you head out on the road at night, ensure that your headlights, taillights, and signal lights are clean and working properly. Clean your windows to remove road film and dust that could impair your ability to see clearly.
3. Drive defensively. Observe all traffic signs, rules, and regulations. Most importantly, watch out for the other drivers on the road. Use your defensive driving techniques to avoid dangerous situations. Always try to anticipate the other drivers' actions.
4. Slow down. Do not speed; obey the posted speed limits. Give yourself plenty of extra time to arrive at your destination on schedule. Always adjust your speed to the road and weather conditions.
5. Make use of alternate transportation services. If you are feeling fatigued, use taxis or buses or even join a car pool. These other transportation services are readily available and easily accessible. Make use of them as often as you can.
6. Recognise the early signs of fatigue and act on them do not start your journey if you have any of these symptoms, pull over and rest if you are already en-route.
 - Yawning
 - Poor concentration
 - Tired eyes
 - Restlessness
 - Drowsiness
 - Boredom
 - Slow reactions
 - Oversteering