

# Western Route Safety Hour Topic

They are speed limits, not targets!

2015



## Welcome to your safety hour. This edition focusses on 30 mile per hour speed limits.

Driving still remains the biggest risk to our workforce with more people killed each year in road traffic accidents than working trackside.

### Did you know?

Today there are three typical speed limits across the UK:

- a 30mph limit on roads with street lighting (which is taken to indicate a built-up area)
- a 60mph national speed limit on single carriageways
- and a 70mph top speed on dual carriageways and motorway

One in six motorists has been caught speeding in the last five years. Here are some practical tips to help stay within the speed limit:

1. Check your speedometer as often as you would your mirrors
2. Know the limits - Look for Signs!
3. Assume lamp posts mean 30 mph
4. Speed limits are a maximum
5. 20mph is plenty near schools
6. Try no higher than 3rd gear in 30 mph
7. Concentrate - distracted drivers speed
8. Slow down when entering villages
9. Set realistic journey times
10. Be an ambassador for driving within the legal limit – the driver behind you might do too!

## What are the consequences?

There has been a sharp rise in the number of speeding incidents we have received on Western Route and recent analysis has highlighted that 60% of these occur in residential areas which have 30 mile per hour speed limits.

When driving on built up roads with street lights always assume the limit is 30mph unless you are near a school (when the speed limit is reduced to 20mph) or, unless you see a sign saying otherwise.

The stopping distance for a vehicle travelling at 30 mph is 23 metres, the equivalent of six car lengths. Hitting a person at this speed is the equivalent of falling from a 3<sup>rd</sup> floor building!

The risks to pedestrians is four times higher when hit at 40mph than at 30mph. Remember, if you cause an accident you will have to live with the long term emotional consequences.

## Discussion points

Please discuss the following questions in your safety hour group:

1. How would you feel if you were involved in a road traffic accident caused by your speed?
2. Are you able to recognise what makes you speed?
3. Have you ever been caught speeding? How did you feel about this?
4. How can you ensure you comply with the speed limits?
5. What would you do if you were a passenger in a vehicle where the Driver was travelling above the speed limit?

## We can all make a difference

- Please agree in your group what you will do differently as a result of your safety hour discussion today...
  - ...As an individual employee?
  - ...As a team member?
  - ...As a team leader, supervisor or manager?

***Western Route is committed to ensuring every one of us goes home safely at the end of every day***

For further information regarding Western Safety Hour including topics and a calendar of scheduled safety hours see our Share Point Site:

<http://oc.hiav.networkrail.co.uk/sites/whsh/Pages>