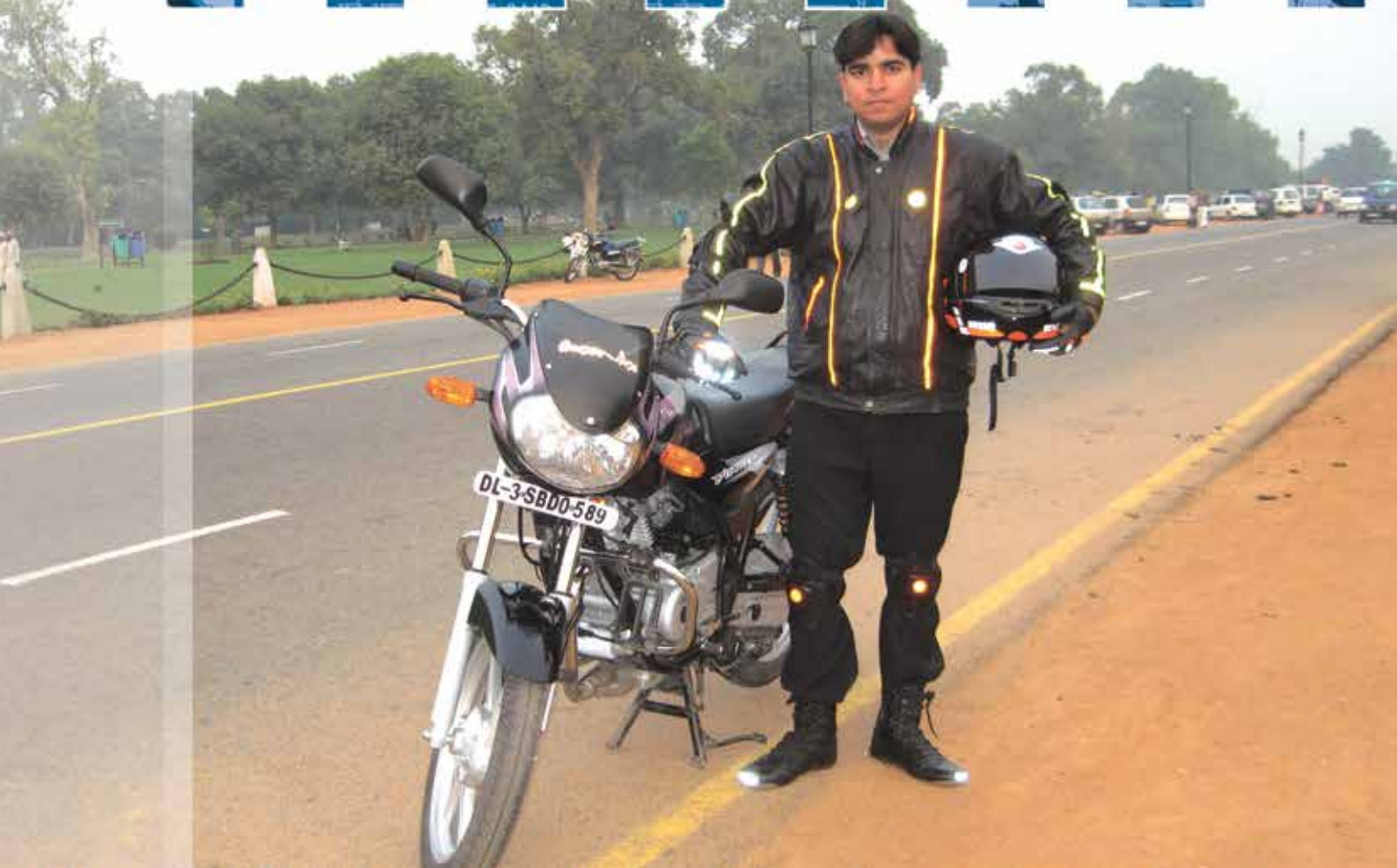


HE

Two Wheeler

Safe driving

The driving manual and rules of the road



Safe riding

The driving manual and rules of the road

Imprint

With India's fast paced development, comes a variety of problems. An increase in the number of vehicles on our roads, coupled with talking on the mobile phone, drinking and smoking while driving, all have proven to cause grave damage to life and property.

News is overflowing with incidents of deaths and injuries due to reckless driving. We must be careful, and not let ourselves become a part of this statistic.

Building a culture of educated and aware drivers who are sensitive to fellow road users, respect laws, and use the road responsibly is the only means to reduce the damage and senseless deaths caused on our roads everyday. Each one of us needs to take responsibility, and collectively we can change the nature of our roads, and road-users alike.

Published by **Hubert Ebner (India) Pvt. Ltd.**
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First edition: November 2009

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The responsible rider



A rider can be called good only if he knows his responsibilities and is able to take them on. There are administrative, social and responsibility on him.

He should prepare the vehicle well before riding and wear safety equipment so as to avoid breakdowns and injuries and remain comfortable during the journey.

Make it a habit of doing routine maintenance checks before every trip to enjoy trouble free riding.

» Driver's responsibilities

A rider is responsible for the following:

- ▶ To have a valid driving licence for the type and capacity of vehicle being driven.
- ▶ To carry at all times the required documents and a first aid kit while riding.
- ▶ Vehicle fitness – it is his duty to keep the vehicle in a road worthy condition.
- ▶ Securing and transporting load and the safety of the pillion. Safe and secure transportation of pillion riders are his duty. He must ensure that goods being carried are secured properly and the motorcycle is not overloaded.



- ▶ To be alert and physically fit to operate and handle the motorcycle under all circumstances and conditions (not tired, not drunk, not distracted). To always follow and obey the traffic rules.

- ▶ To have a proper and comfortable sitting position on the motorcycle which allows him to reach all controls and pedals comfortably and handle the steering in a smooth unobstructed way.



- ▶ Always wear a helmet and proper protective clothing.



The responsible rider

- ▶ To ensure that he has a good and clear vision of the road and the traffic on the road.
- ▶ To use the motorcycle in an eco friendly manner. Avoid sudden acceleration and braking. Avoid pollution by switching off at stop lights and moving off smoothly.

» Administrative responsibility

It is a must to know about all necessary updated documents and carry them all the time while riding.



Required Documents

A good rider should be familiar with all the required documents of the vehicle he is driving and his personal papers which certify him as a licensed rider. It is his responsibility to keep all the documents updated, such as renewal of driving licence, road tax and permits.

He should be fully conversant with the traffic rules and regulations.

While driving, it is mandatory for the driver to always carry the following documents:

- ▶ A valid driving licence
- ▶ Vehicle registration certificate
- ▶ Road tax certificate as applicable
- ▶ Insurance certificate
- ▶ Pollution under control certificate
- ▶ Permit and vehicle fitness certificate (applicable only to transport and commercial vehicles)

Any police officer in uniform or enforcement personnel from the transport department can check these documents at any time.



A photocopy can be accepted only if it is stamped and attested by a gazetted government official.

Failure to produce valid documents is a punishable offence. The vehicle can be impounded.

Documents we recommend that you carry

- ▶ Driving license
- ▶ Registration certificate
- ▶ Pollution under control certificate
- ▶ Insurance papers of bike (incl. third party)
- ▶ Self diary or identity card that have contact phone numbers
- ▶ Insurance documents of oneself
- ▶ Telephone numbers of local police, ambulance and fire station

Knowing and obeying the rules of the road

A responsible rider needs to know the rules of the road applicable to the area, for his own safety as well as for others. Knowing all the traffic control devices and understanding their meaning is also necessary.

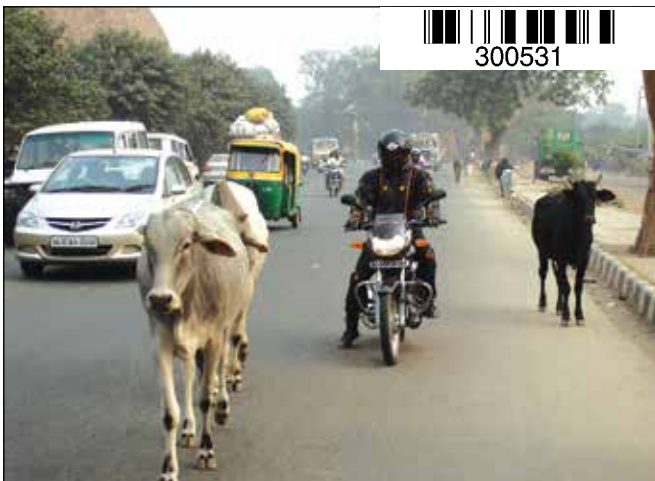
Vehicle knowledge and maintenance

It is the rider's responsibility to have sufficient knowledge about the vehicle he is riding and to make the required pre-starting checks, periodical checks and to keep the motorcycle in good condition for use on the road.

» Social responsibility

The awareness of social responsibility will develop a good healthy attitude that will help in being patient, considerate and careful about the safety of other people on the road and things which are shared by the masses. A rider also has a responsibility towards the environment and economy.

- ▶ Knowing other road users behaviour will make you considerate towards them and avoid mishaps.
- ▶ Understanding that every one on the road has to perform their own work and use the road as they know it best. It is for the rider to understand the errors of others to make him a safe rider.
- ▶ Give animals on the road the right of way and know the animal prone areas on his route.



Eco – friendly riding

- ▶ Good riding skills will save fuel and reduce the risk on the road.
- ▶ Cultivate a habit of checking your bike regularly every time you go out. This will help avoiding adverse consequences. Just spend 5 minutes for checks and that will save 5 hours on road injuries or sometimes your life.
- ▶ Timely servicing of your bike will help in reducing pollution and help people to breathe fresh air.
- ▶ Ride your bike in as high gear as possible to save fuel.
- ▶ Braking gently and accelerating gracefully will add to smooth riding and fuel economy.

» Responsibility towards self health

It is his moral and prime duty to maintain himself in fittest condition with full alertness and concentration. The rider should be in good physical and the mental condition. A healthy body usually also has a healthy brain.



Our brain takes all the decisions with the help of the five senses. It triggers off our reflex actions within fractions of a second that translates into evasive actions by our body.

A responsible rider should be calm and quiet to take decisions well in time. He should also know the factors that could affect his ability to ride safely.

Ears and eyes

For safe riding you also need to hear the sound of other vehicles or any other abnormal sound. Good eye sight is required to be able to make out the colour of lights at signals, to read and identify all the signs and other traffic devices from an appropriate distance.



The responsible rider

Factors which may reduce the fitness and affects driving

Injuries

For operating a motorcycle you need your arms and legs. In case if you have any bandages, plaster casts or injuries it is not safe for you to ride. Also remember that pain of the injuries will severely effect your concentration and mobility.

Disease, illness and medication

In case of certain illness or diseases you may not be able to concentrate fully on riding.

Medication can also have a bad influence on your reflexes and concentration. Medication can lead to drowsiness which can, in turn give rise to dangerous situations and even accidents while riding.

Stress and distraction

Stress puts the body under undue pressure and can impair judgement.

It may cause a driver becoming preoccupied and lose concentration.

Distracted riders become less aware of their environment and of hazard perception like red traffic lights pedestrians or speed.

While driving you need to concentrate on the road, the traffic conditions and your riding, therefore:

- ▶ Don't use mobile phones – pull up and stop at as safe place if you need to use the mobile phone.
- ▶ Don't eat and drink while riding – stop at as safe place and take a proper break.
- ▶ Don't argue or be distracted by thoughts while riding. Anger, anxiety, sorrow stress or simply being upset seriously affects the ability to ride safely.
- ▶ Don't be preoccupied or engage in serious discussions if you are the rider – concentrate fully on driving.

Mental unfitness

This can be temporary or permanent. Make sure you are not affected by any of this. If you feel that you are stressed or strained, do not ride. If you are very happy or sad then

try to be normal before riding. Mental fitness insures patience tolerance and courtesy towards others ...

The age and experience of a rider also affects the decisions taken on the road.

- ▶ Young riders normally have a shorter reaction time, but are overconfident and thus always overestimate their skills and become aggressive.
- ▶ Elderly riders, unlike youngsters, have more patience, a cool mind and normally have more safety margins. Their reaction time is longer, but they normally react well in advance and act in time.

Fatigue

A motorcycle rider must be fresh and fit. Getting enough sleep (7 – 8 hours) is a must for safe riding. If not rested enough riding is affected adversely. So make sure before starting a trip that you are fit and alert and well rested.

- ▶ Fatigue occurs after long continuous hours of work, thus reducing efficiency. The remedy is to take a small break every two hours, freshen up and start again. It is not advisable to drive more than six hours a day.



- ▶ Tiredness means a person is likely to fall asleep. This happens more often when drivers are about to reach their destination and they try to pull on and squeeze in the last leg of the journey. The remedy is to have a break with a power nap for at least 20 minutes.

Signs of sleep deprivation:

- ▶ Eyes close or lose focus, eyes watering.
- ▶ Continuous yawning
- ▶ Drifting between lanes, tailgating, missing traffic signs.
- ▶ Loss of cohesion and control, jerking the drifting vehicle back to lane.
- ▶ Drifting off the road and narrowly avoiding crashing.

It is dangerous to continue when overcome by sleep symptoms you may blackout for a few seconds without realising and have a serious accident.

If you notice you are tired, pull off the road and take a nap or at least get off your motorcycle, stretch and walk around.

Effects of alcohol and drugs

Never start a trip after having any kind of drugs, medicines or alcohol. You should know that they all slow you down and increase reaction time.



Alcohol slows down mental processes. It makes you less alert leads to euphoria and gives you a strong but false sense of confidence. Actually, your reaction time and performance decreases. It also affects the brain's ability to control and co-ordinate body reflexes and movements.

The simple rule is:

Don't ride if you drink and don't drink if you have to ride!

Effects of drugs on riding

Many medicines have some quantity of alcohol or other drugs which make you feel drowsy.



The **legal limit for drinking** and riding is below 30 mg of alcohol in every 100 ml of blood. It is a punishable offence to ride when you exceed the limit and are inebriated.

If a person is found riding or attempting to ride a motorcycle while under the influence of alcohol, he shall be liable:

- ▶ Punishable for the first offence with an imprisonment for a term which may extend up to 6 months or a fine up to Rs. 2000/- or both.
- ▶ For a subsequent offence committed within 3 years of the previous offence, with imprisonment which may extend up to 2 years or fine up to Rs. 3000/- or both.



The responsible rider

Knowledge, training, skill and experience

Knowledge of vehicle, behaviour of road users, training, practice of driving under different road and weather conditions enhance skill and experience that lead to better confidence, anticipation and decisions.



Knowledge

Knowledge of the routes and the activities along the route is very important. Many people misjudge conditions situations and activities in well known areas and routes, due to overconfidence.

Training

There is a big difference between a rider, trained in a proper training school and a self taught one trained by a senior colleague or friend. Though there is a scarcity of proper training schools in our country, structured training is very important. Even some basic training is better than no training at all.

Experience

Theoretical training gives knowledge, hands on practical training leads to confidence, skill development and knowledge. Practice equips you with experience. These help to develop your attitude, confidence and anticipation. Driving improves with experience. Experience comes with time. Younger rider with less experience have shorter reaction time and fewer skills, but are overconfident; whereas experienced older drivers know that their reaction and action times are slow and longer, they adapt, compensate and are well

prepared.

» Wearing safety equipment

Before you start your trip you must have all the safety equipment that can save your life or reduce injuries.

Helmets



You should always wear an ISI mark helmet, to avoid serious head injuries.

- ▶ Helmet should be fitted with proper eye and face protector and lock in the strap to adjust.
- ▶ Do not forget to lock with the strap, otherwise it can drag or fall off the head in the event of an impact.



- ▶ Size of helmet - should allow a sliding fit.
- ▶ Paint or stick fluorescent material on the front and rear of helmet.
- ▶ Helmet should have proper ventilation to avoid misting inside.