

Transcript – motorway safety video

Staying safe on the motorways

In dry conditions drivers are advised to keep a two second gap between themselves and the vehicle in front.

The speed limit is a limit not a target. In some road conditions, including fog and rain even driving at the speed limit could be too fast.

Stay in the left-hand lane unless you're overtaking slower moving traffic. Avoid hogging the middle or outside lanes.

Ensure you have enough fuel for your journey by filling up before hand

Tiredness kills, take a break - Don't fight signs of tiredness. If you're on a long journey make sure you take a 15 minute break at least every two hours.

If you break down on the motorway

- Pull over to the hard shoulder as far to the left as possible
- Turn on your hazard warning lights
- Leave via the left hand door
- Use your phone or the emergency services phone to inform your breakdown provider and if necessary the emergency services.
- Wait well away from the carriageway and hard shoulder

Statistics

Breakdown of motorway collisions in Cheshire from 2014 to 2015:

- Of the 576 road traffic collisions on motorways 333 were on the M6, with two fatalities, 22 serious injuries and 309 slight injuries.
- On the M56 there were 145 collisions with three fatalities, 13 serious injuries and 129 slight injuries.
- The M62 saw 56 road traffic collisions with, fortunately, no fatalities, eight seriously injured casualties and 48 casualties with slight injuries and the M53 had 42 collisions, again no fatalities, four seriously injured and 38 slightly injured casualties.