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Trauma Rescue's top 12 safe driving tips

Rustenburg – Road safety is essential in our busy community. With today's busy lifestyle, people sharing our roads tend to neglect some lifesaving safety points. "Safe and considerate driving is crucial because things can happen in a split second," says Weyland Bothma, station manager for Trauma Rescue Rustenburg.

Here are twelve tips that will significantly improve your driving and safety:

1. Do not drink any alcohol before getting behind a steering wheel.
2. Keep calm while driving.
3. Make sure your vehicle is in prime condition. FLOWER: Fuel; Lights; Oil; Water; Electrics; Rubber (tyres)!
4. Make sure everyone in the car buckles their seatbelt.
5. Keep a safe distance from the vehicle in front of you.
6. Eliminate any distractions within the vehicle.
7. Stay in one lane as much as possible.
8. Be careful at intersections.
9. Make a habit of signalling early.
10. Adjust your mirrors to reduce the blind spot next to your car.
11. Avoid using your cell phone.
12. Share the driving responsibilities with someone else – especially during long journeys.

Should you find yourself at the scene of an accident however, the first thing to do is notify emergency services. It is essential to enable professionals to do their jobs as quickly and efficiently as possible to save lives.

Trauma Rescue: 014 594 0689 or 079 496 3547

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Add Hope hands over cheque to Rustenburg charity



Rustenburg – Every R2 that KFC customers donate to Add Hope goes to sustainable feeding programmes for children. Local restaurants can work with local charities, ensuring that funds go to their communities.

Add Hope and KFC staff visited the Kwena Mosadi Charity in Bobuantswa Village in Rustenburg to hand over a cheque for the amount of R60,000.00 towards their feeding scheme in January.

Get the SACCW panic button

Rustenburg – After a break in at two different estate agencies in town, Morné Engelbrecht, acting chief operations officer of South African Community Crime Watch (SACCW) has the following safety tips we should all follow:

- Test all beams and door/window contacts and sensors.
- Test panic buttons that are linked to your security service provider.
- Check your CCTV systems, make sure all cameras are recording, your camera might show on screen, but that does not mean it is recording, test these as well.
- Lock away all laptops and other valuables; do not leave it in plain sight.

Remember: A "client" might enter your premises on some pretext; these are usually the scouts who make mental notes of the set up and layout of your offices. Always be vigilant.

SACCW has introduced a personal panic button which can be activated from your phone to SACCW for your personal safety. This panic button can be downloaded from the SACCW website: www.saccw.org.

"Take note of your surroundings, be aware of strangers loitering. Download the panic button on our website for your peace of mind," says Engelbrecht.





Weather Report North West Rustenburg

	Day	Date	Year	Temp
Friday	02	February	2018	31°C - 19°C
Saturday	03	February	2018	28°C - 18°C
Sunday	04	February	2018	28°C - 18°C
Monday	05	February	2018	29°C - 18°C
Tuesday	06	February	2018	28°C - 17°C

At time of print

FINANCIAL INDICATORS

Crude Oil	[OIL]	R	813.35
Gold Ounces	[XAU]	R	15 908.01
Platinum Ounces	[XPT]	R	12 581.68
Palladium Ounces	[XPD]	R	13 149.90
United States Dollar	[USD]	R	11.86
British Pound	[GBP]	R	16.81
Euro	[EUR]	R	14.75
Chinese Yen	[CNY]	R	1.88
Namibian Dollar	[NAD]	R	1.00
Lesotho Loti	[LSL]	R	1.00

At time of print

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