

Okugukethwe

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Ukwakheka nokuhleleka ngabakwa Big Sky Marketing



Ukuphepha kohamba ngezinyawo

Cishe amaphesenti angu 40 (40%) abo bonke abasebenzisi bomgwaqo abafayo emigwaqweni yethu yilabo abahamba ngezinyawo. Ezinye izimpawu ezinomthelela ekufeni kwabahamba ngezinyawo uma besebenzisa umgwaqo yilezi:

- Ukusebenzisa Izidakamizwa bese behamba emgwaqeni.
- Ukungakwazi ukuhlawumbisela ijubane kanye nebanga lezimoto eziqhamukayo.
- Ukugqoka izingubo ezimnyama ezingagqamile ebusuku, noma izimo zezulu ezingezinhle.
- Ukungasebenzisi izindawo zokuwela umgwaqo ezingqonyelwe .
- Eminye imikhukhu yakhiwe eduze nemigwaqo emikhulu esetshenziwa kakhulu, okwenza ukuba izimpilo zabo zibe sengcupheni zokubandakanyeka ezingozini ezinyantisayo.



Ngakho-ke kubalulekile ukuba abaninizimoto kanye nabahamba ngezinyawo bahlonophane ngokuthi balandele imithetho yezokuphepha emgwaqweni. Abahamba ngezinyawo bangahlala bephephile uma bengalandela / bengacina lemithetho:

- **ukuSebenzisa umthetho obalulekile wezokuphepha emgwaqweni.** Njalo yima eceleni komgwaqo ngaphambi kokuzama ukuwela umgwaqo. Bese usebenzisa umthetho omkhulu wezokuphepha emgwaqweni. Bheka ngakwesokudla, bheka kwesobunxele, bheka kwesokudla futhi, lalela bese uwela kuphela uma kuphephile ukwenza njalo. Ngenkathi uwela qhubeka ubheke ndawo zombili bese ulalela izimoto ezizayo. Ungalokothi uthathe ngokuthi uboniwe.
- **Khumbula ukugqoka izingubo zigqamile/ ezibonisayo** ebusuku noma uma isimo sezulu singesihle. Lokhu kuyokwenza ukuba abashayeli bakubone.
- **Uphuzo oludakayo kanye nezidakamizwa zinganciphisa ukukwazi kwakho ukuhamba ngokuphepha.** Zinomphumela ongemuhle ekuqoqekeni komzimba, ukuzwa, ukubona kanye nokukwazi ukuhlawumbisela ijubane kanye nebanga lezimoto eziqhamukayo.
- **Yeqa umgwaqo endaweni yokuwela elawulwayo isib.** Izibani zomgwaqo, izinhlanganamigwaqo noma izindawo zokuwela umgwaqo zabahamba ngezinyawo.
- Uma kukhona **ibhuloho labahamba ngezinyawo**, lisebenzise noma ngabe kuchaza ukuhamba ibanga elide.
- **Ungahambi emgwaqweni.** Uma kumele uhambe emgwaqweni, hamba ohlangothini lwanga kwesokudla kude nomgwaqo, ubhekane nezimoto ezizayo.
- **Nqamulani umgwaqo ngokulandelana nenze umugqa oqondile.** Kumele kuthathwe indlela emfishane kunazo zonke.
- Uma uzokweqa imigqa emibili ehlukisanayo, **ungeqi phakathi nomgwaqo.** Linda ohlangothini lomgwaqo kuze kube yombili imigwaqo eziqhamukaya bese uyawela.



Ukuphepha kwezimoto zokuhamba

Ukufaneleka kokuhamba emgwaqweni enye yezidingo ezibalulekile zokuphepha emgwaqweni futhi kudinga ukuhlolwa okuvamile. Ukuhlolwa kwezimoto zokuhamba kuyinqubo egunyaziswe iziphathimandla zezokuphepha emgwaqweni ezingeni lika Zwelonke neleziFundazwe. Ihambisana nemithetho ephethe amazanga ezokuphepha. Ukuhlolwa kwezinto zokuhamba akufanele kwenziwe kuhambisane nezidingo zezemithetho nje kuphela, kodwa ngokubhekelela ikakhulukazi ukuphepha komshayeli, abagibeli kanye nabanye abasebenzisi bomgwaqo.

1. QALA NGOKUZIHLOLA WENA UQOBO:

■ **Kungabe uphuzile ngaphambi kokungena emotweni yakho?** Uma uphuza noma usebenzisa izidakamizwa, ungalokothi ushaye.

■ **Kungabe uphuze umuthi owunikeziwe noma owulayelwe udokotela.** Uma ilebuli lomuthi likuxwayisa noma udokotela wakho ekuxwayisile ngokushayela emva kokuphuza umuthi, kumele ugibele itekisi noma ube nomngani ozokushaye. Ungazishaye.

■ **Sinjani isimo sakho somphefumulo?**

Uxabene nomphathi wakho noma ohleka naye? Kungabe uhlukeni nesoka/ nentombi yakho? Kungabe ucasukile noma udabukile? Zinike isikhathi wehlise umoya ngaphambi kokuphukanohambo lwakho/ngaphambi kokusebenzisa umgwaqo.



Ungalokothi!

■ **Kungabe ukhathele?** Umshayeli okhathele uyafana nomshayeli ophuzile emgwaqweni. Okokuvuselela amandla akusiyona impendulo ukuqeda ukukhathala. Okokuvuselela amandla kunganciphisa ukukwazi kwakho ukushayela ngokukwenza uzethembe kakhulu noma ubone izinto ezingekho. Uma ukhathele vumela omunye ophumule ngokwanele ukuba akushaye noma ubize itekisi.

■ **Cisha umakhalekhukhwini wakho.** Umthetho awuvumeli muntu ukuba asebenzise umakhalekhukhwini uma ushayela. Khumbula ukuthi ukushayela kudinga ukuqaphela kwakho okuphelele.



Ungalokothi!



Cisha!

Ukuphepha kwezimoto zokuhamba kuyaqhutshwa

2. HLOLA INGAPHANDLE LEMOTO YAKHO

■ Kungabe kukhona okuvuzayo phansi kwemoto yakho?

Uma kunjalo, akufanele ushaye le imoto ngoba ungavelelwa ingozi ngenxa yokwehluleka kwama bhuleki noma kwesitelingi.

■ Hlola izibani ezikhombisayo (indicators) zemoto yakho, amalambu kanye nezibuko.

■ **Anjani amathayi akho?** Faka uhlobo lwamathayi afanele kanye nosayizi ofanele wethayi lemoto. Qinisekisa ukuthi amathayi akho agcwaliswe umoya ngokwezinga elifanele. Ithayi elinomoya owehlile lingabanga okukhulu ukugogqana, okungaholela kokukhulu ukushisa, ubunzima emasondweni kanye nokwehluleka. Amathayi abushelelezi enza kungabikho ukubambelela phansi emgwaqweni, ikakhulukazi uma linetha izulu okungaholela ekubeni imoto iphande ingalawuleki. Bheka futhi ushintshe amathayi abushelelezi. Uhlonze nokushona/ukujula kwethayi akumele kube ngaphansi kuka 1milimitha(mm) noma kunini.

■ Hlola ukuthi izihlanguli zamafasitela angaphambili emoto ziyasebenza.



Ukuphepha kwezimoto zokuhamba kuyaqhutshwa

3. HLOLA INGAPHAKATHI LEMOTO YAKHO

■ Hlola ukuthi amageji emoto yakho asebenza kahle nokuthi akhombisa kahle okwenzakalayo phansi kwebhonethi. Uma usola ukuthi kukhona okungahambi kahle, bhekisisa, noma ngabe igeji ithi akukho lutho olonakele emotweni yakho.

■ Bheka ezibukweni zakho, izingenisa moya kanye namafasitela. Uyalibona ifasitela elingemuva? Yenza isiqiniseko sokuthi amafasitela akho ahlanzekile. Yenza isiqiniseko sokuthi izingenisa moya zakho ziyasebenza ukuze amafasitela akho angagcwali inkungu ngenkathi ushayela. Uma ufuna ukumisa kahle isihlalo sakho, upholise noma ushisise imoto yakho, kwenze ngaphambi kokuba uyishayele.

■ Hlola ukuthi izisekelo zekhanda nezezihlalo zimiswe ngendlela ethokomalisayo.



4. EKGUCINENI HLOLA ABAGIBELI BAKHO:

- Qinisekisa ukuthi bonke abagibeli bawabophile amabhande.
- Qinisekisa ukuthi yonke iminyango ivaleke kahle futhi ikhiyiwe.
- Izingane kumele ziboshwe ezihlalweni ezifanele noma ezisekelweni zezihlalo.
- BOPHANI AMABHANDE.

UKUHLOLA KWAMASONTO ONKE

Ngaphandle kokuhlola nsukuzonke imoto yakho, kunezinto okumele uzihlale njalo ngesonto:

- Hlola izinga likawoyela wakho njalo ngesonto.
- Hlola ithangi lakho lamanzi.



Ukuphepha kwezimoto zokuhamba kuyaqhutshwa

UHLA LOKUHLOLA UKUFANELEKA KWEZINQOLA ZOKULAYISHA KANYE NAMABHASI

■ IZINHLELO ZAMABHULEKI

Uma udumisa imoto yakho ukucindezela komoya kufanele kwakheke kuze kube semazingeni aphezulu (cut-out pressure). Cisha injini, ukucindezela komoya kufanele kuhlale kufana. Uma ukucindezela komoya kuqhubeka nokwehla, uhlelo luvuzisa umoya. Inkomba yokwehla komoya kufanele ikuxayise ngomsindo ovungazelayo kanye nokubanika kwesibani. Uma lokhu kwenzeka, ungazami ukushayela. Ukumiswa kahle kwamabhuleki kumele kuhlolwe njalo ngesonto eShabhu elisemthethweni.

■ AMATHAYI

Ukugcwaliswa komoya emathayini kufanele kube ngangomthamo ozolayishwa. Amathayi kufanele abe usayizi nohlobo olufanayo kwi axle eyodwa. Amasondo ahamba ngamabili akumele athintane. Amathayi abhangqene akumele athintane ngohlangothi, womabili amathayi abhangqene kumeleathinte umhlathi uma imoto ingalayishile noma imoto ingenamthwalo. Amathayi kufanele ahlolwe ukuthi awanamaqhubu, ukudabuka kanye nokudumba ezinhlangothini. Qinisekisa ukuthi akukho okuvimbayo okucijile okuhlabayo phakathi kwamasondo ahamba ngamabili.



■ ISITELINGI

Isitelingi kufanele sisebenze ngokukhululeka kusuka kolunye uhlangothi kuya kolunye. Akufanele kube nokudledzela okukhulu esondweni lesitelingi.

■ AMAFASITELA EMOTO ANGAPHAMBILI, AMAFASITELA KANYE NEZIHLANGULI

Ifasitela le moto langaphambili elinofa noma elinenkundu okungaphazamisa ukubona komshayeli ngeke liphase isivivinyo sokufaneleka kokuhamba kwe moto. Ifasitela le moto langaphambili kanye nengilazi yefasitela kumele libonakale njengengilazi ephephile. Noma yiziphi izimfa emafasiteleni asemaceleni eziphazamisa ukubona komshayeli esibukweni esisesandleni sangakwesobunxele zingahol-ela ekwehlulekeni ukuphumelela isivivinyo. Isihlanguli sefasitela le moto langaphambili esisebenzayo kumele sifakwe ngaphambili komshayeli.



Ukuphepha kwezimoto zokuhamba kuyaqhutshwa



■ IZIBANI

Izibani ezilandelayo ziphoqelekele ngokomthetho futhi kufanele zisebenze ngokuphelele ngaso sonke isikhathi, izibani ezikhanyisa ngokugqamile ezikhanyisa ngokuzothile (headlights), izibani zangaphambili nezangemuva ezikhanya uma imoto ipakile, nalezo ezangemuva zokukhanyisa izinombolo zemoto, ezikhombisa ukuthi ijikela ngakuphi imoto nalezo ezingogqamucishi kanye nezokuhlehla.

- Qinisekisa ukuthi zonke izimfanelo zemoto njengethephu ekhombisayo, izinkomba kanye namabhodi esheveloni ahlanzekile futhi abonakala ngokucacile.
- Qiniseka ukuthi izimpawu ezifanelekile isib. Izexwayiso ezisamadayimani ziyabonakala kanye nemiqulu eqondene ihlelekile uma kuthuthwa izimpahla ezinobungozi.

■ UMZIMBA WESITHUTHI

Zonke izingxenye zesithuthi njengama bhampa, izinsimbi eziyimigoqo kanye nezibuko kufanele kuboshwe kuqiniswe futhi kube sesimeni esiphephile ngokufanele. Imigibe yokucina izimpahla ephezulu akumele ilayishwe ngokweqile.

- Izintuba zokuphuma uma sekuphuthuma kumele zifakwe uphawu ngokucacile.



UKULAYISHA NGOKWEQILE



Ukulayisha ngokweqile kanye namathayi angekho esimeni esifanele kungaholela ekufeni nasekulimaleni kwabantu abaningi emigwaqweni yase Ningizimu Afrika. Ukulayisha ngokweqile kubanga ukulimala kwenxanxathela yemigwaqo okungabalelwa ezigidini zamarandi; kufake ebungozini izimpilo zabasebenzisi bemigwaqo.

UKULAYISHA NGOKWEQILE KUYINGOZI NGOBA:

- Imoto elayishe ngokweqile iyaphuza ukuma okungababga izingozi, ikakhulukazi uma kunesimo esiphuthumayo.
- Imoto elayishe ngokweqile kunzima ukuyishayela futhi ayikwazi ukuhamba iye phambili ngokwejwayelekile yenze kube yingozi udlula ezinye izimoto.
- Ebusuku, izibani zangaphambili nezangemuva zemoto elayishe ngokweqile ziyatsheka, zixhophe izimoto ezizayo.
- Amathayi ezimoto ezilayishe ngokweqile ayaphantsha futhi ashise ngokweqile, okungaholela ekuqhumeni.
- Ukulayisha ngokweqile kuholela ezindlekweni eziphezulu zokulungiswa kwemoto isib. amathayi, amabhuleki, amashoki, abuzobha futhi iwudle kakhulu uphethiloli.



Ukuphepha koMshayeli

UKUSEBENZISA IZIDAKAMIZWA

Ukusebenzisa izidakamizwa kubulala izigidi zabantu njalo ngonyaka. Kulimaza izimpilo zabantu abasebancane abayikusasa le zwe lethu. Ukusebenzisa izidakamizwa kungakwenza ungakwazi ukulala ngokwanele, ukungakuthandi ukudla, ukulimala kobuchopho, ukuba phansi komphefumulo, ukudideka, ukuba novalo okukhulu, ukushaya kwenhliziyo ngamandla, ukudikiza kwezicubu, ukwehluleka kokusebenza kwezinsu kanye nesibindi kanye nokudikiza komzimba. Ukusebenzisa izidakamizwa kungenza abantu baphazamiseke ngokomqondo, babe nolaka, babe novalo baphinde balwe.

Uphuzo oludakayo alusona isivusamandla, kodwa luyi sehlistamandla. Ngakhoke ukuphuzo kakhulu njalo kuholela ebungozini bempilo besikhathi esikuso nesizayo.

Ukushayela udakiwe kungenye yezinto ezesatshwayo kakhulu kweZokuphepha eMgwaqweni e Ningizimu Afrika. Umthetho kaZwelonke weZokuthutha eMgwaqweni, (NRTA), uMthetho 93 ka1996 njengokuchithshyelwa kwawo phansi kweSigaba 65 uthi:

- “ Akukho muntu emgwaqweni womphakathi oyo -
- a) shayela imoto noma
 - b) Ahlale esihlalweni somshayeli imoto iduma ebe edle amanzi amponjwana noma izidakamizwa.



Ngokusebenzisa izidakamizwa noma uphuzo oludakayo abashayeli baphenduka babe yingozi hhayi kubona uqobo kodwa nakwabanye futhi. Njengoba kushiwo eMthethweni ongenhla, noma yimuphi umuntu oshayela imoto igazi lakhe limumethe izinga lophuzo oludakayo elingu 0.05g ku 100 ml uthathwa ngumthetho njengongakwazi ukushayela. Umuntu osebenzise izidakamizwa/ odakiwe angaboshwa ngokuhlala nje esihlalweni somshayeli lapho imoto iduma. Inkantolo inganquma ukuba isigewbo silengiswe, ukuba ilayisense imiswe noma yesulwe



AMAZINGA OKUDAKWA

Izinga 1 - Ukubonakala Womile futhi uHloniphekile

Umuntu ophuzayo ubonakala engenalutho, kodwa izenzo zakhe ziyehla.



Izinga 2 - Ukubonakala ujabule kakhulu futhi esabeka

Lokhu kubizwa ngezinga lobudlelwane Ophuzile uvame ukwenza izinto, ukuba ubephila kahle, abangeke azisho noma azenze.



Izinga 3 - Ukuba nobugebengu noKwenyanyisa

Uyabhadazela futhi isimo sakhe asisafihleki. Usefinyelele ezingeni lokuba isigebengu.



Izinga 4 - Unenzululwane futhi uNgcolile

Ophuzayo akakwazi ukuma yedwa azimele. Kuleli zinga uyingozi emphakathini futhi akakwazi ukulawula ukunyakaza komzimba wakhe.



Izinga 5 - Udakiwe futhi ujabhile

Ukuhlala ejabule kwasekuqaleni kuyashabalala bese kuvela izingaloku ngabi naluthando lwalutho.

Izinga 6 - Udakwa ngokwesabisayo

Umuntu angaphuma emizweni yakhe noma aquleke.



Izinga 7 - Ukuba kwi D.T.'s noma Ukufa

Ophuzayo angangena esimeni sokuba umdlwembe Uveza izimpawu zokulahekelwa ingqondo, alwise abasebenzi bama ambulense futhi ulahlekelwa ingqondo futhi usengozini enkulu yokufa



Umthetho wokuphuza uthi... PHUZA KANCANE NANGOKUNGASHESHI

(Zihlole wena uqobo ngesifutho sokuhlola izinga lophuzo emzimbeni ukuqinisekisa)

1 iyunithi ngehora ngoKwezinga eliphezulu

(Umthetho uphathelele naBesilisa abangaphezulu kweminyaka eyi 18, abanesisindo esingu 68kg.

Abesifazane kumele baphuze kancane, futhi ngokungasheshi kunamadoda).

Hhayi ngaphezulu kwama yunithi ayi 6 ngesikhathi esisodwa! Kuthatha ihora elilodwa noma ngaphezulu ukuqeda iyunithi elilodwa (1)

1 iyunithi = 10ml wophuzo oludakayo lwangempela

1 iyunithi = 0,02g Igazi / 0,10mg woMoya owuphefumulayo

Izinga elisemthethweni = < 0,05 Igazi / < 0,24mg woMoya owuphefumulayo

IIYUNITHI EYODWA =

	=		=		=		=		=		=		=		=		=	
$\frac{2}{3}$		$\frac{2}{3}$		$\frac{2}{3}$		$\frac{1}{2}$		90ml		Tot 25ml		$\frac{1}{4} - \frac{1}{2}$		Tot 25ml				
Sorghum Beer		Spirit Cooler		Beer		Cider		Wine		Vodka, Cane, Whiskey, Brandy		Cocktail		Tequila				
3%		5%		5%		6%		12%		40%		Various %		40%				

Quart Beer = 3.5U+ Nip Brandy = 3U Bottle Wine = 9-10.5U (W/Red) Cocktail = 2.5U+ Cider = 2U

ISEXWAYISO: UKUSHAYELA KWAKHO KUYONAKALA EMVA KWEYUNITHI EYODWA NJE VO, NGAKHO-KE KUPHEPHILE UKUBA UNGAPHUZI NOMA UNGASHAYELI NHLOBO

ABASHAYELI ABASHA: Kuyancomeka ukuba abashayeli abasha bangaphuzi NOMA NGABE YILUPHI uhlobo lophuzo oludakayo ngaphambi kokuba bashayele imnyaka yokuqala emithathu (30) emva kokuthola kwabo amalayisense.



Ukuphepha koMshayeli kuyaqhutshwa

NGAPHANDLE KOKUSEBENZISA UPHUZO OLUDAKAYO EZINYE IZIDAKAMIZWA EZEJWAYELEKILE EZISETSHENZISWAYO:

INSANGU	Insangu ivamise ukugoqwa njengo sikilidi bizwa ngegqosha. Ingavutshelwa njengetiye noma ixutshwe nokudla, noma ihogelwe ngepayipi lamanzi elibizwa ngokuth isibhawubhawu.
OKUHOGELWAYO	Okuhogelwayo kufakwa amakhemikhali atholakala emikhiqizweni esetshenziswa emakhaya njengemikhiqizo ye-aerosol, izihlanzi ezingamanzi, iglu, upende, isesuli sika pende, okususa upholishi wezinzipho iamyl nitrite kanye negesi elula.
UMGWINYO (ECSTASY)	Umgwinyo (Ecstasy) ivamise ukuphuzwa ngomlomo njenge philisi. Iecstasy iyisidakamizwa esenziwe lapho kuhlolwa khona amakhemikhali. Asikho emthethweni futhi sinemiphumela efanayo nokulahlekelwa inqondo kanye nezivusamandla.
ICOCAINE kanye ne CRACK COCAINE	ICocaine kanye ne crack cocaine ingafakwa emlonyeni, idlule ekhaleni (ithinyulwe), ngaphakathi, noma, ngokuyihogela intuthu emva kokuyishisa uma kuyi crack, .
ICRYSTAL METH & METH AMPHETAMINES / I TIK	ICrystal meth nemeth kuyahogelwa, kushunqiswe noma kujovwe ngakho. ICrystal meth iwuhlobo lwe methamphetamine olufuze izingcezu ezincane zegilasi noma zamadwala acwebezelayo ayingxube yokuluhlaza sasibhakabhaka nokumhlophe. Ingenamandla kakhulu futhi iyisivusamandla esakhelwe amadoda futhi ibanga ulaka nokuziphatha okunodlame ngokwengqondo.
IHEROIN	IHeroin ivamise ukuba kujovwe ngayo, ihogelwe noma ishunqiswe. IHeroin ingena ebuchosheni ngokushesha kodwa yenza abantu bacabange futhi benze ngokungasheshi, iphazamise ukuba bakwazi ukuzithathela izinqumo. Ibanga ubunzima ekukhumbuleni izinto. Iheroin ingenye yezidakamizwa ezintathu ezaziwayo ezibulalayo. Udlame kanye nobugebengu kuxhumene nokusetshenziswa kwayo.
ILSD	ILSD idayiswa njenge philisi noma ngesimo esingamanzi. Kujwayeleke ukuba ithasiselwe ephepheni elimuncayo bese ihlukaniswa izikwele ezincane ezihlotshisiwe. Yilesi naleso sikwele sithathwa kanye kanye. ILSD ingenye yamakhemikhali anamandla kakhulu ukushintsha inhlizyo yomuntu.



EMINYE YEMIPHUMELA EJWAYELEKILE YOKUSEBENZISA IZIDAKAMIZWA:

IMIPHUMELA YESIKHATHI ESIFISHANE

Uvalo

Ubunzima kwezocansi njengokungabi namandla

Ukwehlulela okungeyikho okuholela ezingozini kanye nokulimala

Ukuphefumulela phansi nokushaya kwenhliziyo

Ukulahlekelwa ingqondo

Ukufuthelana nokuzixhila ngomhlanzo wakho (aspiration)

Ukuzibulala ngoshev

IMIPHUMELA YESIKHATHI ESIDE

Ukulimaza umntwana ongakazalwa

Isifo sesibindi

Osteoporosis – ukuncipha kwamathambo

Isifo samanyikwe

Izilonda ezitholakala esiswini

Ukungabi nanzalo

Isifo seNhliziyo Ukwenyuka komfutho

Isifo sohlangothi

IDementia

Ukulimala kobuchopho



**Izidakamizwa zilimaza
impilo yakho**

Ukuphepha koMshayeli kuyaqhutshwa

IJUBANE

Ukuhamba ngejubane eliphezulu kuchazwa njengokweqa ijubane elisemthethweni. Uphawu lwe jubane luwuphawu olusezingeni eliphezulu lwejubane ovunyelwe ukuhamba ngalo nokuphephile ukuhamba ngalo. Abantu abanengi abakuboni ukuhlonipha isinqumo sejubane njengendlela ebalulekile yokugwema ukugingqika kwezimoto, nokho-ke ijubane lithathwa njengento engokukodwa kokuthathu kukho konke ukugingqika kwezimoto.



Ijubane ohamba ngalo, linomthelela ebangeni okumele imoto yakho ime ngalo. Ibanga lokuma linqunywa amaphuzu amane abalulekile:

a) Isikhathi sokwenza okuthile

Ukwedlula kwesikhathi phakathi kwesikhathi obone ngaso ingozi kanye nomzuzu osebenzise ngawo amabhuleki (kuvame ukuba kube ngaphezulu komzuzwana)

b) Isimo semoto

isib. Amalayiningi amabhuleki, amathayi kanye namashokhi abhuzobha.

c) Isimo somgwaqo

isib. Izigodi eziba semgwaqweni, imigwaqo elubhuqu noma imigwaqo eshelelayo.

d) Izimo zezulu

Iphansi lomgwaqo elimanzi likhulisa ibanga lakho lokuma kanye nethuba lokuphanda ndawonye uma unyathela amabhuleki. Inkungu kanye nezimo zasebusuku zinciphisa ukubona kanye namathuba akho okubona abasebenzisi bomgwaqo/izingozi ngesikhathi ukuze ukwazi ukugwema ingozi.

ABAHAMBA NGEJUBANE ELIPHEZULU - QAPHELA:

- Uma ungaboni kahle, ngeke ukwazi ukuma ngesikhathi ukugwema ingozi emgwaqweni.
- Ngeke ukwazi ukuma ngesikhathi uma abahamba ngezinyawo bevela bewela umgwaqo masinyane phambi kwakho. Isib. Uma uhlangabezana nohamba ngezinyawo ebangeni elithile, elingu 60m ngaphambili, imoto izoshayisa ohamba ngezinyawo ngejubane eliwu ka 80km/h.
- Ukuba phezulu kwejubane, ubude bebanga lamabhuleki kanye nokuba nzima ukulawula imoto ngenkathi uma.
- Abahamba ngezinyawo bangabasebenzisi bomgwaqo. Ukuziphatha emgwaqweni kuvamise ukungaqaguleki, kudinga ukuqaphela okungaphezulu kubashayeli.
- Amaphutha abantu ayisona sisusa sokushayisana kwezimoto ngesikhathi izimoto zithwele abantu abanengi bebheke emsebenzini, ungalindela ukuthi amaphutha amaningi enzeke ngaso lesi sikhathi.



OMAKHALEKHUKHWINI

Ukwakhiwa komakhalekhukhwini kumbaxambili, kuyisibusiso nengozi. Bawusizo ekubikeni izingozi nezimoto eziphe Phakathi nomgwaqo. Ukubasebenzisa ushayela bayingozi enkulu.

ABASHAYELI ABASEBENZISA OMAKHALEKHUKHWINI ABABANJWA NGESANDLA NOMA ABANGABANJWA NGESANDLA:

- Kuningi ongakuboni emgwaqweni.
- Bayahluleka ukubona izimpawu zomgwaqo.
- Bayahluleka ukusebenzisa umgwaqo ongumhubhe kanye nejubane eliphansi.
- Bathanda kakhulu ukulandela "emsileni" izimoto eziphambi kwabo.
- Bahamba kancane bese bethatha isikhathi ukusebenzisa amabhuleki.
- Kulula ukuba bangene ezikheleni ezingaphephile emgwaqweni.
- Baba nobunzima obukhulu futhi bakhat-hazeke.
- Bsesimeni sokwenza izingozi ngokuphindwe kane kunalabo abangabasebenzisi omakhalekhukhwini.



IZINGOZI ZOKUSEBENZISA OMAKHALEKHUKHWINI NGENKATHI USHAYELA:

- Ungalokothi uthumele umyalezo (*SMS) ngenkathi ushayela.
- UkuSMSa imibiko kusho ukuthi isandla esisodwa sisebenza ngokugcwele okuyikhona okuyingozi kakhulu.
- Amakit angasebenzisi izandla aphephe kangcono kodwa awayona impendulo egcwele. Isib. kungenzeka uthole izindaba ezimbi ngenkathi ushayela, ukugxila kwakho umqondo kuyalahleka, bese nakanjani kuholela engozini.



Be Safe



Ukuphepha koMshayeli kuyaqhutshwa

UKUPHEPHA KWEBHANDE LESIHLALO

Ukusebenzisa ngokuyikho amabhande ezihlalo kungavimbela ukufa. Umehluko phakathi kwa-bantu abafase amabhande kunalabo abangawafasile uma bevelwa ingozi kuvame ukuba kube umehluko phakathi kokuphila nokufa.

AMABHANDE EZIHLALO ANGAKUVIKELA NGOKU:

- Anciphisa ibanga umgibeli alihambayo uma kushayisana izimoto.
- Kunciphisa ukushayeka komzimba.
- Anciphisa ukuthintana ngengaphakathi lemoto.
- Avimbela ukuqhantsha/ ukuphuma uma kwenzeka ingozi.

UMTHETHO NGAMABHANDE EZIHLALO

- Abagibeli besihlalo sangaphambili kanye nesihlalo sangemuva kufanele bagqoke amabhande ezihlalo.
- Ukusebenzisa ibhande lesihlalo kubalulekile kunoma yiluphi uhambo, noma ngabe lufishane kanjani noma ngabe uhamba ngesivini esincane.



OKUMELE KUQIKELELWE UMGIBELI

Uma ungumgibeli, qinisekisa :

- Ukuthi ibhande lesihlalo sakho li ngendlela eyiyo.
- Ukuthi akekho umuntu omugonethile ikakhu-lukazi izingane .
- Ukukhuthaza umshayeli nabanye abagibeli ukuba bafase amabhande.

Ukuze ugqoke ibhande lesihlalo ngokufanele, yilokhu okumele ukwenze:

- Ibhande lesihlalo kumele ligqokwe liqinise kahle lingaxegi.
- Ibhande elihamba phezu kwamathanga kufanele lihambe okhalweni, hhayi esiswini.
- Umsweswe webhande lesihlalo ohlanganisa amachopho kufanele uhambe phezu kwehlombe hhayi intamo.
- Akukho lutho olufanele luvimbe ukunyakaza kwebhande lesihlalo.

Khumbula ukubopha ibhande, kungasindisa impilo yakho.

IMISEBENZI YOMSHAYELI

Uma ungumshayeli, qinisekisa:

- Ukuthi elakho ibhande lesihlalo liboshwe lamiswa ngokufanelekile.
- Ukuthi amabhande ezihlalo abagibeli aboshwe kahle futhi amiswa ngokufanelekile.
- Ukuthi zonke izingane zesekelwe esihlalweni esifakwe ngendlela noma amahanisi.



UKUFANELEKA KOMSHAYELI - UKUBONA

Ukukwazi komshayeli ukubona kahle kuyingxenye ebaluleke yokufaneleka komshayeli njengoba amehlo elawula kakhulu ukunyakaza kwakho kanye nokuthatha izinqumo ngenkathi ushayela. Ukubona kahle nokubona ngokunethezeka kuholela ekushayeleni kahle.

Ukushayisana okuningi kwezimoto kubangwa ukungaboni kahle komshayeli. Ezinye zezizathu zalokhu kushayisana yilezi:

- Ukubona komshayeli okungaphansi kwesilinganiso esilindelekile. Kungenzeka abe nokubona okungenele njengokubonela eduzane, ukubonela kude noma ungwengwezi. Amakhatharakhi angaba nomthelela futhi ekuboneni komshayeli.
- Ukwehluleka ukugqoka izibuko noma amalense afakwayo lapho ulayeziwe udokotela.
- Ukugaboni kahle ngenxa yobumnyama noma izimo zezulu ezingezinhle, kanye nokushisa okukhulu.
- Ukushayela ngesivinini esiphezulu. Isilinganiso esikahle sokubona singu 180 wamazinga (degrees). Ku 95 km/ngehora isilinganiso sokubona siyikota kuphela sikasayizi okahle. Lokhu kusho ukuthi ukushayela kwakho ngesivinini esiphezulu, kunciphisa ukubona ezinhlangathini.
- Ukuxhopheka kwamehlo omshayeli.
- Ifasitela langaphambili lemoto elingcolile.
- Ukuthikamezeka komshayeli ngaphakathi noma ngaphandle kwemoto.



Ukushayela okuphephile kufaka:



UKUBONA KAHLE

Lokhu ukukwazi ukubheka futhi ubone ngokucacile ngamehlo omabili, ngalinye noma endawonye. Ngokubona kahle uzobona imininingwane kalula kakhulu. Lokhu kubalulekile ekukhombeni izimpawu zomgwaqo, abashayeli bamabhayisikili, abahamba ngezinyawo kanye nezilwane ezizulayo.

UKUBONA EMACELENI

Lokhu ukukwazi ukubona indawo ebanzana ngaphandle kokunyakazisa lelo nalelo so noma ikhanda, kwesinye isikhathi kubizwa ngokuthi “ukubuka ekhoneni lwehlo lwakho”. Kusho izinga lakho eliphelele lokubona.

UKUBONA OKUDEPHILE

Lokhu ukukwazi ukubona isikhala kanye nebanga phakathi kwezinto noma phakathi kvento kanye nemoto. Ukubona okudephile kubambeleva ekuboneni okuhle ngezippolo, okubalulekile ukubona ukuthi imoto ingakwazi yini ukwedlula enye ngokuphepha uma ubuka izimoto eziza nganeno nalapho unyakaza usuka kwelinye icala lomgwaqo uya kwelinye phakathi kwezimoto zihambayo.

UKUBONA EBUSUKU

Lokhu ukukwazi ukubona indawo ekhanya kancane ngaphambi kwezibani ezinkulu, ukubona uma kukhona ukuthikamezeka kwezibani ezinkulu eziza nganeno nokushesha uvuke kabusha emtheleleni wawo. Ukubona ebusuku kushona phansi ngobudala kanti futhi abashayeli asebebadala banokubona okufinyeziwe okuzodinga ukuqikelela okukhulu uma beshayela sekuhlwile kanye nasebusuku kanti kumele babe nezibuko ezifanele zokushayela.

UKUFANELEKA KOMSHAYELI - UKUKHATHALA

Ukukhathala komshayeli kuyingozi ngempela. Kuyiqiniso elaziweyo ukuthi ukukhathala komshayeli kuholela ekuncipheni kokuqaphela, ukuphazamiseka kokubona, ekukhathaleni kanye nokuncipha kokugququzeleka ukusebenza, ijubane, nokuncipha kokuqaphela ngokomzimba kanye nokwengqondo.

Izinto ezithinta ukukhathala komshayeli zehlukene izigaba ezintathu:

- Ukugququzeleka - ngokwengqondo komshayeli, uqobo lwakhe kanye nesimo sakhe sangokomphefumulo kanye nezinga lokukhathazeka kwakhe konke lokhu kuveza izinga lokukhathala.
- Ukudikiza ngokomzimba - umsindo, namazinga okushisa nokubanda, uhlobo lomoya kanye nokuthokomala komshayeli ngenkathi eshayela.
- Ukungaphumuli komzimba kanye nokuyeka ukuqaphela emgwaqweni kanye nakwezinye izidingo zezomgwaqo.



AMACEBO OKUNCIPHISA UKUKHATHALA KOMSHAYELI:

- Hlela uhambo lwakho kusenesikhathi, ubhekelele nezikhathi zokuphumula.
- Ungavumeli ukuba ukhathale kakhulu ngosuku olunqaphambi kokuba uthathe uhambo olude.
- Ungaphuzi amaphilisi alalisayo ubusuku obunqaphambi kokuba uthathe uhambo.
- Ukudla okusindayo ngaphambi kokuthatha uhambo kungaqhubekisa ukukhathala bese kuphazamisa ukugxila kwakho ngokwengqondo.
- Ungalokothi uthathe noma yiluphi uhlobo lophuzo oludakayo noma isidakamizwa ngaphambi kokuthatha uhambo. Lokhu kuqhubekisa ukukhathala ngenkathi usuphumule.
- Ngaphambi kokuba uthathe uhambo olude, qiniseka ukuthi u-okozo lusesimeni esigculisayo. Ukuphuma kwentuthu ku-okozo ovuzayo kungaholela ekutheni nozele, okungaholela ekufeni uma imoto ingavuliwe ngokwanele.
- Phumula futhi uphumule njalo emva kwamahora amabili.

UKUSHAYELA NGENDLUZULA

Ukushayela ngendluzula kuvamise ukubonakala kubashayeli abathatha intukuthelo yabo, ukwenyanya kanye nokukhathazeka kwabo bangene nabo emotweni. Lendlela abenza ngayo ingaholela ekugingqikeni kwezimoto kanye nezinkulungo ezicasulayo. Ukushayela ngendluzula kukhonjiswa abashayeli abasikayo ngokungaphephile, abagijimayo, abalandelana eduze kakhulu, abeqa amalambu abovu, kanye nabangazihloniphi izimpawu nemithetho yemigwaqo. Lokhu kufaka ukukhala kwehutha, ukumemeza ngolaka kanye nokusebenzisa izandla.

UNGAKUGWEMA KANJANI UKUSHAYELA NGENDLUZULA:

- Uma uzithola ushayela esimeni esinengcindezi noma unenhliziy o encane futhi uhluleke ukubekezela, yehlisa umoya, udonse umoya bese uphumula.
- Uma ujoyina ezinye izimoto lapho kuhlengana khona imigwaqo noma kukhona emgwaqo ongenayo, qiniseka ukuthi unesikhala esenele. Sebenzisa njalo isibani esikhombisayo okuhlosile ngaphambi kokuba wenze umnyakazo. Beka phansi umoya.
- Shaya ihutha uma kunesidingo.
- Gcina izandla zakho esitelingini bese ugqwema noma yikuphi ukusebenzisa umzimba okungacasula omunye umshayeli. Lokhu kufaka ukukhombisa "okungenangozi" njengokunqakuzisa ikhanda lakho. Uma omunye umshayeli ekhombisa ukucasuka, ungambuki emehlweni.
- Nikeza abashayeli indawo eningi. Uma umshayeli ocasukile ezama ukususa impi, nikeza ibanga elanele phakathi kwakho nomshayeli ocasukile. Futhi khumbula "kuthatha abantu ababili ukuba bezwane". Umshayeli oyedwa ocasukile ngeke ayiqale impi ngaphandle kokuba omunye umshayeli azimisele ukumjoyina/ ukumlandela.

