

January is Safety Awareness Month

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Road Safety Tips 24/7

Overview

The Arrive Alive Road Safety website would like to share Road Safety Suggestions not only for the Festive Season and Easter - but for every day and all hours of the day.

Planning the Journey/Rules of the Road



- Obey the rules of the road and carry your driver's licence with you.
- Plan the route to your holiday destination and give yourself enough time to reach the destination.
- Use a GPS navigation tool or a road atlas to plan your trip in advance.
- For peace of mind, try to stick to major routes or toll roads - If you are going to travel on the back roads' identify the towns along the route and what the distance is between them.
- Do not get stranded without fuel - Always plan ahead where you will refuel.
- Plan rest stops along the way and if you are travelling with kids it is a great way to let them know when and where you will be stopping.
- Always ensure that a friend or family member, who is not travelling with you, is aware of the route that you are planning to travel. Ideally, you should also update them on your progress of the journey and let them know when you have reached your destination safely.
- Try to avoid driving after dark if possible.
- Expect others not to be as obedient to the law as yourself.

Vehicle Fitness/Roadworthiness

- Make sure that your vehicle is in a roadworthy condition before departure.
- All lights and indicators, windscreen wipers, brakes, steering, exhaust system and tyres should be carefully examined for faults.
- Take your vehicle for a full check before embarking on your holiday travels.
- Do not overload your vehicle.

Driver Fitness/Driver Fatigue



- Have a good rest before you embark on your journey.
- Take safety breaks every 2 hours or 200km.
- Do not drink and drive. If you intend to consume alcohol make alternative arrangements so you will not be behind the wheel.
- Remain alert at all times and avoid Driver Distractions such as cellular conversations, texting etc.
- Be responsible for seatbelt wearing - Always wear your seat belt and see that everyone in the car is wearing theirs.
- The South African law requires each passenger being transported in a motor vehicle to make use of the seatbelts and strap themselves in. It is the driver's responsibility to make sure all passengers are strapped in mains strapped in while travelling. It is a criminal offence for an adult to allow a child younger than 14 years to travel unrestrained in a vehicle equipped with seatbelts or a car safety seat.
- Infants and children under the age of 12 should travel in the back seat of a vehicle and should be buckled up, either in a car seat, booster seat or use the car's seatbelt, depending on the age and weight of the child.
- Infants between 0 months and one year of age, or up to 10kg in weight, should travel in a rear-facing car seat in the back of a car. In the event of an accident, the impact will be on the seat and not on the infant.

Defensive Driving Behaviour

- Drive defensively! Risk takers are collision makers.
- Stay within the speed limit at all times.
- Avoid all distractions -Keep both eyes on the road and hands on the steering wheel.
- Be especially alert when approaching traffic lights, intersections and level crossings.
- Be visible – drive with your lights on.
- Only overtake when it is absolutely safe to do so.
- Headlights should be dipped well before an approaching vehicle is within range of the main beam.
- Maintain at least a 3-second following distance - this distance should be increased at night, in foggy or rainy conditions and when the road is wet.
- Avoid driving on the blind spot of other vehicles.
- Be courteous towards fellow road users - keep your temper and resist the temptation to retaliate.
- Be cautious when driving alone and avoid stopping in remote areas.

Avoiding Criminals on the road

- Remain alert to any areas that might present a threat of criminal activity such as hijackings and smash-and-grab.
- Always place your valuables in the boot of your car and never leave items such as cell phones and wallets in open sight, unattended, or on the seat of a car.

Source: Road Safety Tips 24/7 - Arrive Alive

Date accessed: 19 December 2022

Road Safety FAQ's

What documents must I retain or obtain subsequent to a road accident?

Herewith a list of the documents:

- SAPS collision report (SAP 352) or Officer's Accident Report (OAR);
- Witness statements taken by SAPS;
- Hospital, medical, and/or clinical records;
- Details of medical institutions and medical practitioners;
- All hospital and medical accounts;
- Details of material damages claim and the outcome thereof.

The following steps must be taken subsequent to an accident:

- Report accident to SAPS immediately;
- Report accident to RAF;
- If the matter is not being investigated by SAPS, attempt to obtain statements from witnesses ASAP;
- Attempt to take photographs of the accident scene as the scene may change;
- Attempt to take photographs of the damage to the vehicles and of injuries eg. abrasions, severe bruising, cosmetic disfigurement;
- Draw sketch plan of scene and make sure that it contains a fixed point so that it can easily be traced;
- Make sure that the treating doctor records the visit and gives a detailed account of injuries and treatment;
- Take photographs of vehicles end position as well as road markings, if any;
- Full names;
- ID numbers;
- Addresses (work and home);
- Telephone numbers (work and home);
- Vehicle registration numbers of all drivers, passengers and witnesses.

You will also need to record the following:

- Descriptions of vehicles and drivers
- Details of police officials, traffic officials and ambulance officials
- Details of tow truck personnel

Source: Product & Services Road Safety FAQ (raf.co.za)

Date accessed: 19 December 2022



Safety at Schools

How to Take a Legal Stand Against Being Bullied at School

School can be complicated and even a traumatic experience for children. While many learners thrive and excel in it, others are mercilessly harassed and victimised by classmates. Sadly, according to recent findings, more than 58% of South African school-goers have experienced some form of bullying, and some stories end in tragedy, as seen by the rise of teen suicide across the world.

What is bullying?

We define bullying as any abuse of actual or perceived power that targets minors (anyone under 18 in South Africa). Bullying includes physical attacks, purposeful alienation, spreading false rumours, verbal abuse and various forms of emotional mistreatment. It also consists of any form of cyber-bullying as well.

What are the signs of a child being bullied?

Because some of these bullying forms don't leave physical marks and some children might feel shame or embarrassment talking about it, parents are often oblivious to what is happening to their child. However, there are some tell-tale signs that something might be going on, including low self-esteem, avoiding school or social events and being uncharacteristically upset after being online. So, the question remains: what role does the law play in protecting victims and rehabilitating perpetrators of bullying?

How are children protected against bullying by the law in South Africa?

Four stand-out laws protect children's Constitutional rights. Do note: bullying hasn't been recognised as a specific crime in South Africa yet, but the law safeguards children's rights to dignity and safety.

The South African Schools Act 84 of 1996 (SASA)

This law stipulates that public schools' governing bodies must compile a code of conduct, which the institution must enforce. Of course, the purpose of this is to provide a basic set of rules regarding learner behaviour and performance. School should have specific procedures in place to deal with cases of bullying and appropriate punishment.

If the school fails to take action, victims, parents or guardians are backed by other laws in the Constitution regarding seeking justice.





STOP BULLYING

The Children's Act 38 of 2005

With an emphasis on protecting children against abuse and neglect, this law works to eradicate bullying in schools. It gives every South African child the right to bring a case of bullying to court. It's important to note that the Act's aim is not to punish a bully but restore the balance thrown off when one child caused harm to another. So, the focus is on restorative justice through specific programmes and processes. Bullies will be held accountable for their actions, but the aim is to rehabilitate and not punish them. It also means that in conjunction with SASA, the state and, in some cases, the particular school can be held liable for any damage, injury or loss suffered by a learner in a public school. This is likely when, for example, a school is aware of a specific learner's constant difficulties with bullies but fails to intervene. Institutions then face paying out for damages.

The Child Justice Act 75 of 2008

Building on the Children's Act and emphasising offenders need to be held in different moral standards by society, the Child Justice Act also calls for restorative justice.

Still, the law acknowledges that bullying cases can contain a criminal element.

Therefore, the law calls for a separate criminal justice system for children. This particular Act divides the persons to whom it applies into three categories: children below 10 years of age; children 10 years and older but younger than 18; and young people 18 years of age and older but under 21 years. In the context of learner-on-learner bullying at school, the perpetrator will usually be a child and would thus fall into one of the first two categories. Before considering the perpetrator's criminal responsibility, one needs to establish whether the child has criminal capacity.

The Protection from Harassment Act 17 of 2011

This is the latest supplement of the legal framework that protects and enforces the rights of bullying victims.

It states that those who suffer at their fellow learners' hands can apply for a protection order against their perpetrators. While a parent or legal guardian would usually do this, section 2(4) of the Protection from Harassment Act states that a child may apply for a protection order without the assistance of his or her parents.

If issued, the bully cannot continue to harass the victim or ask anyone else to do so on his or her behalf. Depending on the circumstances, a court could also order a bully to attend therapy for the sake of rehabilitation and not becoming a repeat offender.

Can a child be arrested and go to jail for bullying according to the law in South Africa?

If the bully is under the age of 10, they cannot be arrested. A bully over 10 can only be detained as a last resort and then handed over to their parents or legal guardians. In the unlikely event that the authorities detain a bully, they must be kept separately from adults and protected from any unfair treatment or abuse. Almost immediately after being arrested, a probation officer must assess the perpetrator and, within 48 hours, appear in court for a preliminary hearing.

Ultimately, parents can sleep easy knowing that various laws protect their children, and bullies should note that there can be severe consequences for their abusive tendencies.

Source: Bullying and the Law in South Africa | LAW FOR ALL

Date accessed: 19 December 2022

10 Safety Tips for Kids

Here is a list of **10 safety tips** that you may teach your child:

Don't talk to Strangers

Teaching your child not to talk to any stranger will lessen the chance of them being abducted by criminals. Children should be taught not to approach strangers unless people they know well also come first. This rule applies to strangers and adults who try to persuade your children with gifts, money, or candy.

Cross the Street with Adult Supervision

Teaching your children to cross the road only when adult supervision is available will keep them safe from vehicles that might run through red lights, break traffic rules or do dangerous manoeuvres to get through intersections in time. Teach safety rules on crossing streets early in a child's life before it becomes hard for them to understand.

Never Play with Fire

Fire safety rules should be taught very early in a child's life because young children are fascinated with weapons that produce flames. Teach them not to touch any object that makes fire and where safety equipment is usually kept when they see fire around them. Children will know what to do when faced with fire situations with these safety rules.

Be Safety Conscious While Going to School

Teach safety rules while going to and from school because children are exposed to many dangerous scenarios while commuting. Instruct them how to cross streets, look both ways before crossing a road, what safety equipment should be available in a bus or a jeepney (ex: seatbelts) and how they should act when safety is compromised like fires, injuries, or accidents that might happen during their way home/to school.

Safety at Home

Home safety rules include teaching them not to play with matches or lighters; instructing them not to play near appliances like ovens, irons, and electrical outlets; teaching older children about safety precautions when using kitchen appliances like knives; safety rules in the bathroom like not playing with toilet lids, electrical outlets and faucets.

Be Safety Smart While Doing Chores

Teach your children to take safety precautions while doing household chores. Show them how to use safety equipment while cooking or washing dishes. Instruct young children to use the ladder when cleaning the roof or windows.

Teach older children safety tips when using power tools for home repairs and improvements. Be safety-wise at home.

Play Safety

Instruct your children to play safety rules when playing outside. Let them know how much damage a bee sting or simple cut can do. Teach kids safety rules about going out in nature, like crossing the street at home. Remind older children of safety tips when riding a bicycle, playing ball, or having water fights. Be safe and smart while playing.

Safety on the Road

Teach your kids the safety rules all around you. Let them know that they should not get too close to strangers who want to talk with them or give them candy and other treats. Keep an eye on children around cars, especially when waiting for or getting into a school bus. Remind children of safety tips when crossing roads, talking to drivers on the road, and wearing safety helmets while riding bicycles or motorcycles.

Teach them Internet Safety Tips

Children must be reminded of safety tips when surfing the web, playing online games, and browsing social media sites. They must understand that safety on the internet is paramount. Make sure they only add people they know when using chat or messenger programs or on social networking websites. Teach your kids about cyber safety by checking who is viewing their profiles, photos and videos online.

Safety Tips When Travelling

Children must be reminded of safety tips about road safety and staying away from strangers while going to school or travelling. Teach them safety rules when crossing streets, asking for help from adults and police or security officers if they get lost or separated from you.

Conclusion

It is essential to teach your child these basic safety rules to ensure the safety of your child. It is vital to teach safety rules at an early age to allow children to grow up into responsible adults when it comes to safety. Keep these safety tips in mind while travelling, playing, or simply walking with them around the neighbourhood.

Source: 10 Safety Rules at School That You Must Teach Your Kids - ORCHIDS (orchidsinternationalschool.com)

Date accessed: 19 December 2022

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