



RECIPE FOR...
ROAD
SAFETY

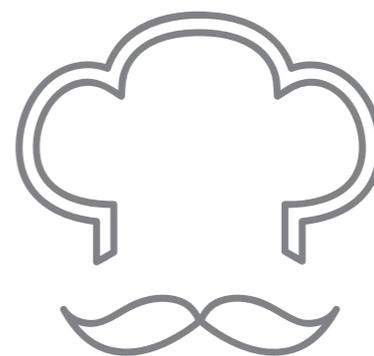


MINISTERSTWO
INFRASTRUKTURY
I BUDOWNICTWA



Krajowa Rada
BEZPIECZEŃSTWA
RUCHU DROGOWEGO

Warsaw, June 2016



RECIPE FOR...
ROAD SAFETY



Caring for safety of all users of Polish roads the National Road Safety Council (KR-BRD), the interministerial advisory and supporting body of the Council of Ministers for road safety, prepared this information brochure *Recipe for... Road Safety* which you are holding now in hand.

You can explore Poland in many ways, on foot or by means of transport: on a bicycle, moped, motorcycle, by car, etc.

When driving around Poland, brown and white road signs pointing the way to places of interest will help you discover its beauty and attractions.

You should remember that, in any case, familiarity with and following traffic rules, knowing how to provide first aid, basic competence in traffic rules, and knowledge of the rights and obligations of road users are the most important to be safe in Poland.

This brochure provides basic information on road traffic rules: fundamental rights and obligations of road users, the most important phone numbers, first aid rules, information on roads, and other rules of safe use of Polish roads.

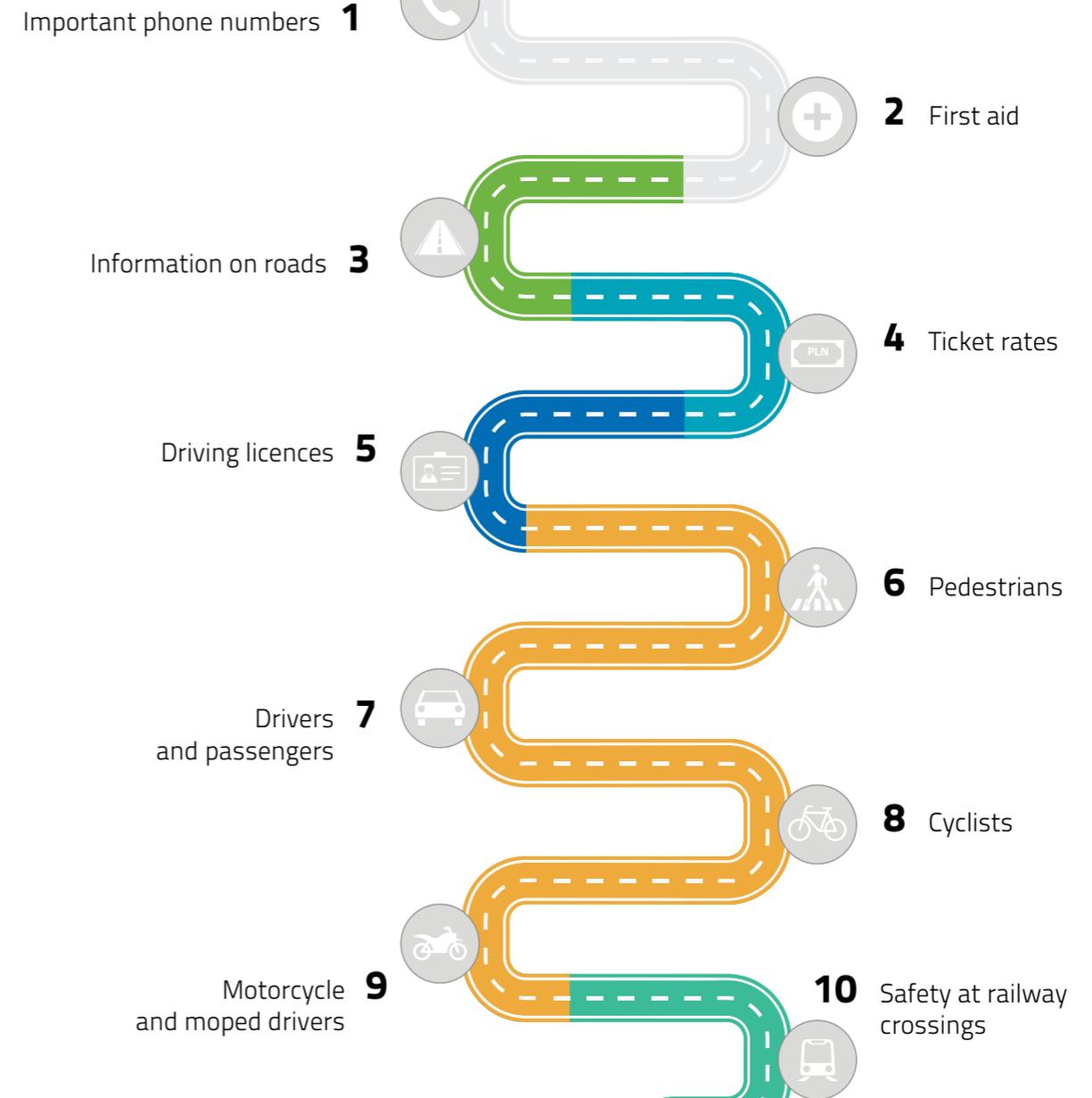
Through the analogy as in the title, this brochure alludes to good and proven food recipes. I hope it will also be a good recipe for staying safe on the road.

Andrzej Adamczyk

Chairman of the National
Road Safety Council

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998

FIRE BRIGADE



999

EMERGENCY AMBULANCE SERVICE



997

POLICE



112

EUROPEAN EMERGENCY NUMBER



19 111

24/7 ROAD INFOLINE
OF THE GENERAL DIRECTORATE FOR NATIONAL ROADS AND MOTORWAYS (GDDKIA)



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THE INFOLINE FOR TOURISTS OF THE STATE TOURISM ORGANISATION IS
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II FIRST AID



If you witness a road accident...

- Stop your car in a safe place and switch the warning lights on.
- Put on a reflective vest (if you have one), get out of your car safely, and take a warning triangle and a first aid kit with you.
- Put the warning triangle about 50 m (165 feet) in front of the accident site outside built-up areas and 100-200 m (330-650 feet) away on a motorway or expressway.
- Find out the number and condition of the victims.
- Call for help:

Fire brigade – 998

Emergency ambulance service – 999

Police – 997

European emergency number – 112

**You can call all the above numbers
from a mobile phone too.**

- Provide first aid to the injured.
- Stay at the accident site, but if you need to call the fire brigade, ambulance, or Police from elsewhere, make sure to return to the accident site immediately thereafter.
- If you take part in a road incident where no one is injured, remove your car from the site immediately not to be a hazard or block traffic..

Basic rules:

→ Safety

Evaluate the accident site for safety. If it's safe, start providing first aid, but remember to make sure you're safe too.

→ Consciousness

Approach the injured and check how he/she is – if he/she is conscious (ask what happened, if he/she can hear you). If he/she responds, he/she is conscious, but if not, it means he/she is unconscious.

→ Call/choose a helper

If there are witnesses/other people, ask one or more of them to help you. Be assertive and decisive, give short and clear instructions. If you're alone with the victim, call for help aloud, and if there's no one to help you, start checking if the victim is breathing. Calling/choosing a helper is not the same as calling an ambulance.

→ Evaluation of breath

Before you start evaluating the victim for breath, clear his/her airways by tilting his/her head backwards. Feel (place your ear near the victim's mouth and nose), listen, and look (for movements of the chest and abdomen). Do it for 10 seconds. If you hear/see/feel 2 or more breaths, you can assume the victim is breathing. If there are less breaths (0 or 1), you should assume the victim is not breathing and there was a sudden cardiac arrest (SCA).

→ Call the services

If you have a helper, ask him/her to call an ambulance, and start cardiopulmonary resuscitation (CPR). NOTE: Make sure your helper called the ambulance – in distress it's easy to forget about it. If you're alone and the victim is an adult, you must call an ambulance before you start the CPR.

In Poland call the emergency number **112** or the emergency ambulance service **999**. You'll be required to: state the place of the accident, the number of victims and their condition (if they're conscious and breathe), describe what happened, and give your phone number.

In the case of national and voivodeship roads, to state your location you can use poles with reflective elements situated along the road that say the road's number, kilometre and hectometre.

Once the dispatcher acknowledges your notification, you need to follow his/her instructions!





II FIRST AID

REMEMBER!
The CPR ratio is 30:2, or 30 compressions to 2 breaths

→ How to help someone with an SCA

CPR

Chest compression – the victim must lie on a flat and hard surface. Compress the centre of the chest with your hands, one on top of the other, arms straight, pressing down by 5-6 cm (2-2.4 inches) at the rate of 100-120 compressions a minute.

Rescue breaths – clear the airways by tilting the victim's head backwards, pinch the victim's nose with one hand, seal your mouth over his/her mouth and give two rescue breaths. One breath is supposed to last about 1 second and should not be larger than a normal breath. If you don't want to give rescue breaths, you don't have to give them, just compress the chest without any breaks.

You need to stop the CPR when:

- The victim starts moving or shows other signs of breathing,
- The paramedics take over the CPR,
- You are too weak or it becomes unsafe to continue with the CPR,
- Someone else present at the accident site takes over.

Secure the place of accident



Assess the consciousness of the victim



Clear the airways and check breath



112
or
999

Call an ambulance

If the victim is not breathing, perform alternating



↓ x30
30 chest compressions



↓ x2
2 rescue breaths



Resuscitate, be with the victim until an ambulance or a helicopter arrives



→ Automated External Defibrillator (AED)

If there's an AED at the accident site, don't be afraid to use it. Use the AED as soon as possible. An AED is safe and effective also in your hands. You need to do what it says immediately. A standard AED can be used on adults and children over 8.

→ Recovery position

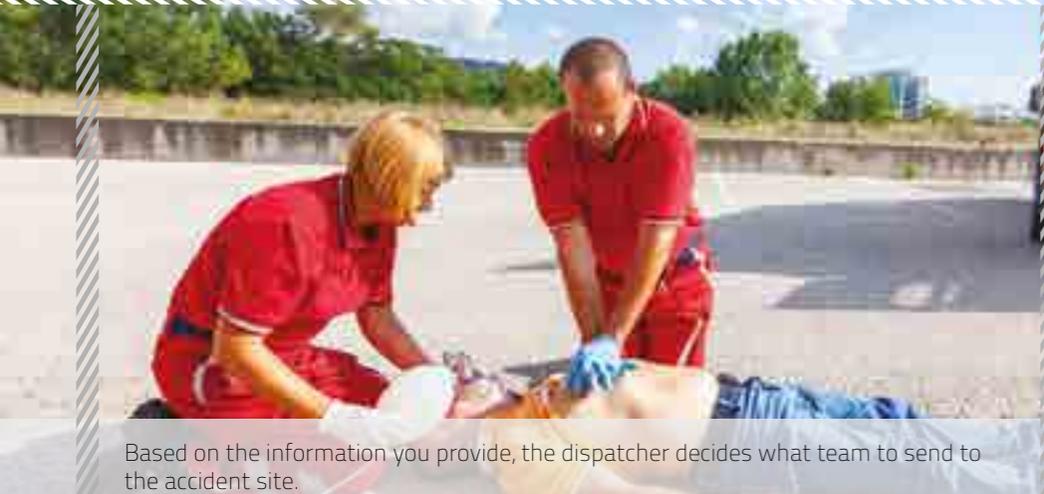
If a casualty is unconscious, but breathes normally, he/she should be placed in the recovery position. The recovery position should be stable, the closest to lying on the side with the head tilted back and no pressure on the chest not to make breathing difficult. Yet you mustn't place victims suspected of a spine or pelvis trauma in the recovery position.

To ensure that everyone in a sudden health emergency receives help, Poland established the *State Medical Rescue (SRM)* system. It comprises:

- ground medical rescue teams (ambulances) and airborne medical rescue teams (rescue helicopters),
- hospital emergency rooms (ERs).



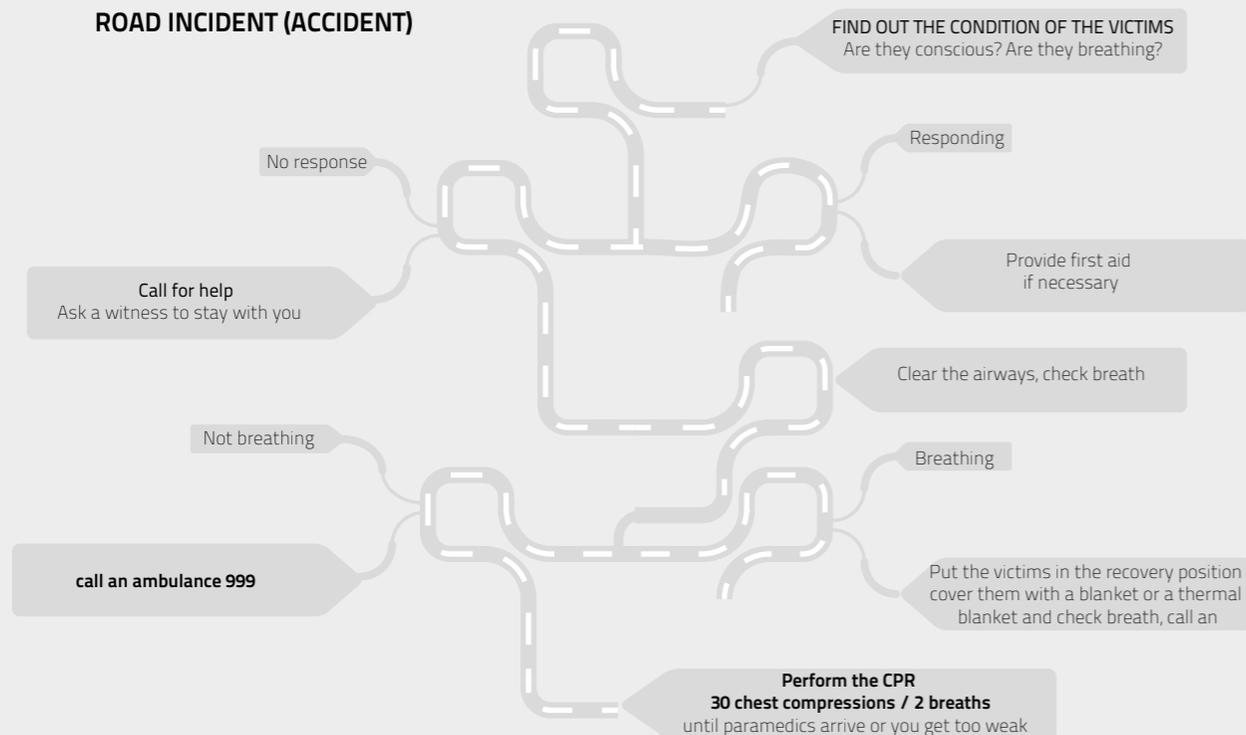
II FIRST AID



Based on the information you provide, the dispatcher decides what team to send to the accident site.

Helicopter landing at the accident site

ROAD INCIDENT (ACCIDENT)



- During landing, engine shutdown, start-up, and take-off, and generally at all times when the rotor is rotating, it is absolutely forbidden to approach the helicopter by less than 30 m (100 feet).
- Gust from a working rotor may lift loose objects (such as stones, small objects, foil, snow, dust) – it's a hazard to people and the helicopter itself.
- Watch out for the rotating blades!
- Never approach the rear rotor of a helicopter!
- Never approach a helicopter from a slope!
- If you're not waiting for a helicopter, don't wave at it.

In Poland public roads are divided into the following categories by their functions:

- National roads;
- Voivodeship roads;
- Powiat roads;
- Gmina roads.



III INFORMATION ON ROADS



Safety on high-speed roads in Poland

A1

→ Motorways

- For motor vehicles only;
- Consist of at least two permanently separated one-way carriageways;
- Having multilevel intersections with all intersecting roads and waterways;
- With service areas (Polish: MOP) where motorway users can stop to rest, eat, refuel, etc.

S5

→ Expressways

- For motor vehicles only;
- With one or two carriageways;
- Having multilevel intersections with intersecting roads and waterways, with some one-level intersections with public roads;
- With service areas (Polish: MOP) where expressway users can stop to rest, eat, refuel, etc.

Rules and good practices of safe use of high-speed roads:

1. **If you need to stop on a motorway or expressway due to an emergency:**
 - Leave the car through the door on the right;
 - Warn other road users: switch the warning lights on, put on a reflective vest, and place a warning triangle at least 100 m (330 feet) away on a motorway and 60-70 m (200-230 feet) away on an expressway;
 - Stay on the emergency lane or on the greenery;
 - Call for help;
 - Wait for help at a safe distance from the vehicle, on the greenery if possible.
2. **Make sure the distance between your car and the other cars is sufficient to avoid a crash in case they brake or stop suddenly. The recommended distance between vehicles driving on a motorway at 140 km/h (87 mph) should be about 75 m (250 feet), and on an expressway at 120 km/h (75 mph) it should be about 65 m (215 feet).**
3. **Remember – use the left lane only to pass other cars, do not use it constantly.**
4. **Change lanes smoothly, in sufficient advance, having notified your intentions to other road users using an indicator.**
5. **Enter traffic safely. If there's an additional entry lane, use its full length.**
6. **Adjust speed to traffic conditions and stay within the speed limit: 140 km/h (87 mph) on motorways and 120 km/h (75 mph) on expressways.**
7. **When you're tired and bored driving, stop at a service area and have some rest before the next leg of your journey.**



Speed limits

III INFORMATION ON ROADS



Vehicles with GVM below 3.5 t – Standard speed limits (unless road signs say otherwise) [km/h, mph]

Motorcycles

Passenger cars and vans

Passenger cars and vans with trailers

70 Non-built-up area/other roads

80 Motorways, expressways, and two-carriageway roads with at least two lanes in each direction.

Buses

50 Built-up area 50 km/h or 31 mph (between 5 am and 11 pm)

60 Built-up area 60 km/h or 37 mph (between 11 pm and 5 am)

20  20 km/h or 12 mph in a residential area

70 Non-built-up area/other roads

80 Motorways, expressways, and two-carriageway roads with at least two lanes in each direction

100 Motorways and expressways for buses with special fittings

50 Built-up area 50 km/h or 31 mph (between 5 am and 11 pm)

60 Built-up area 60 km/h or 37 mph (between 11 pm and 5 am)

20  20 km/h or 12 mph in a residential area

90 Non-built-up area/other roads

100 Two-carriageway expressway and a two-carriageway road with at least two lanes in each direction.

40 Speed limit for motorcycles (also with a sidecar), quadricycles and mopeds where a child aged up to 7 is a passenger: 40 km/h or 24 mph.

120 Expressways with two carriageways: 120 km/h or 75 mph

140 Motorways: 140 km/h or 87 mph

50 Built-up area 50 km/h or 31 mph (between 5 am and 11 pm)

60 Built-up area 60 km/h or 37 mph (between 11 pm and 5 am)

20  20 km/h or 12 mph in a residential area

90 Non-built-up area/other roads

100 One-carriageway expressway and a two-carriageway road with at least two lanes in each direction

120 Expressways with two carriageways: 120 km/h or 75 mph

140 Motorways: 140 km/h or 87 mph

50 Built-up area 50 km/h or 31 mph (between 5 am and 11 pm)

60 Built-up area 60 km/h or 37 mph (between 11 pm and 5 am)

20  20 km/h or 12 mph in a residential area

70 Non-built-up area/other roads

80 Motorways, expressways, and two-carriageway roads with at least two lanes in each direction.

Lorries with GVM over 3.5 t

50 Built-up area 50 km/h or 31 mph (between 5 am and 11 pm)

60 Built-up area 60 km/h or 37 mph (between 11 pm and 5 am)

20  20 km/h or 12 mph in a residential area

Foreigners pay a fine (in PLN) to a Police officer after he/she writes out and hands them a ticket, in the amount stated on the ticket. In Poland the fine rates are defined by the law.



IV TICKET RATES



Drivers who exceed the speed limit by more than 50 km/h or 31.1 mph in a built-up area lose their driving licence for three months. The driving licence is seized by the Police officer who performs the control.

If it turns out that a person whose driving licence has been seized for 3 months keeps driving a vehicle, the period of seizure is extended to 6 months. If the driver keeps driving in this extended period, a staroste issues a decision on revoking driving rights altogether.

Carrying a child in a vehicle:

→ Przewożenie dziecka w pojeździe:

- Without a baby seat or another dedicated car seat: **PLN 150**
- In a rear-facing baby seat placed on the front seat of a vehicle fitted with a passenger's airbag: **PLN 150**

→ Driving a vehicle whose passengers failed to fasten seatbelts: **PLN 100**

→ Carrying passengers whose number exceeds the number of seats defined in the vehicle registration document or resulting from the structural purpose of a vehicle not subject to registration: **PLN 100** for each person in excess, up to **PLN 500**

→ The driver uses a mobile phone while driving and holds a receiver or a microphone in his/her hand: **PLN 200**

→ Exceeding the speed limit by:

- Up to 10 km/h or 6.20 mph – a fine of **PLN 50** and 1 demerit point;
- 11-20 km/h or 6.8-12.4 mph – a fine of **PLN 50-100** and 2 demerit points;
- 21-30 km/h or 13-18.6 mph – a fine of **PLN 100-200** and 4 demerit points;
- 31-40 km/h or 19.3-25 mph – a fine of **PLN 200-300** and 6 demerit points;
- 41-50 km/h or 25.5-31.1 mph – a fine of **PLN 300-400** and 8 demerit points;
- Over 51 km/h or 31.7 mph – a fine of **PLN 400-500** and 10 demerit points.





IV TICKET RATES



Who is authorised to stop vehicles:

- Police officers;
- Road Transport Inspection inspectors;
- Border Guard officers;
- Customs officers;
- Municipal and gmina police officers;
- Forest guards;
- Park Guard officers;
- Individuals acting on behalf of a road manager.



Who is authorised to control traffic and vehicles:

- Failure to let pedestrians pass at a pedestrian crossing: **PLN 350**
- Failure to stop to let a disabled person using a special sign or a person with visibly impaired physical mobility cross a road: **PLN 350**
- Passing cars at pedestrian crossings or directly in front of such crossings: **PLN 200**
- Bypassing a vehicle that stopped to let a pedestrian cross a road: **PLN 500**
- Failure to use safety reflectors in a manner visible to other road users by pedestrians walking along a road at night and outside built-up areas, unless walking on a road for pedestrians only or on a pavement: up to **PLN 100**
- Making a U-turn where it is a hazard to traffic safety or obstructs traffic: **PLN 200-400**
- Failure to let a train pass: **PLN 250**
- Failure to let pedestrians pass at a pedestrian crossing: **PLN 350**
- Violation of the ban on passing motor vehicles when approaching a hill top: **PLN 300**
- Violation of the ban on passing other cars at bends marked with warning signs: **PLN 300**
- Violation of the ban on passing other cars at road crossings: **PLN 300**
- Passing other cars at railway or tram crossings or directly in front of such crossings: **PLN 300**
- Passing other road users without a safe distance from the vehicle or road user being bypassed: **PLN 300**
- Passing other vehicles on the wrong side: **PLN 200**
- Increasing speed by the driver of the bypassed vehicle: **PLN 350**
- Stopping or parking on a motorway or expressway in a place other than a designated place: **PLN 300**
- Driving without lights on from dawn till dusk: **PLN 100**
- Covering registration plates or other required plates or marks that must be visible: **PLN 100**
- Placing a sign of a state other than the registration state on a vehicle: **PLN 100**
- Parking at a lot for the disabled: **PLN 500**
- Crossing an intersection at the red light: **PLN 300-500**
- Driving a vehicle without a driving licence: **PLN 500**
- Failure to let another vehicle or road user enter the traffic: **PLN 300**
- Failure to let a bus (trolleybus) that indicates to change lanes or to enter a carriageway from a bay with a marked bus stop in a built-up area to enter the traffic: **PLN 200**
- Placing load that obstructs lights or signalling devices in a vehicle: **PLN 200**
- Placing load that obstructs registration plates or other plates or marks in a vehicle: **PLN 100**
- Littering or fouling public roads: **PLN 50-200**



- Police officers;
- Road Transport Inspection inspectors;
- Border Guard officers;
- Customs officers;
- Municipal and gmina police officers;
- Forest guards and Park Guard officers – only in forests and national parks;
- Individuals acting on behalf of a road manager can perform controls in the presence of a Police officer or a Road Transport Inspection inspector;
- Military Police – but if the driver proves he/she is not a soldier, MP officers may not take any actions.
- Traffic controls performed by gmina (municipal) police officers, forest guards, Park Guard officers, and road management personnel take place on the basis of an authorisation to perform traffic controls issued by the competent powiat (municipal) commander-in-chief of the Police.

When you are stopped by a Police officer...

- A uniformed Police officer can stop a driver at any place and at any time. At night and outside built-up areas only uniformed Police officers can perform road checks – they signal using a red-light torch or a traffic stop signal with a red or fluorescent light. The Police officer must be accompanied by a marked Police car with an illuminated word POLICJA.
- Non-uniformed Police officers can only stop drivers in built-up areas!!! Similar to uniformed officers, when the visibility is sufficient they signal using a traffic stop signal (so-called lollipop), and if the visibility is poor – using a torch with a red light or a traffic stop signal with a fluorescent or red light.



→ Once the driver stops, a Police officer states his/her rank, name, the reason for stopping the driver, and:

- a uniformed Police officer presents his/her police officer ID card at the request of the controlled road user;
- a non-uniformed Police officer presents his/her police officer ID card without request.

→ In the cases justified by safety reasons or determined by the nature of the control, a Police officer may order the driver or the passenger to leave the vehicle.

→ The signal to stop may also be given from the moving police vehicle in the form of short blue flashing light and sound with varying tone.

IV TICKET RATES



When you are stopped by an inspector of the Road Transport Inspection ...

- The Main Road Transport Inspectorate, established to control the observance of regulations on road transport and non-commercial carriage of persons and goods, acts primarily to eliminate all negative phenomena in road transport.
- Road transport inspectors are authorised to perform checks in the road transport, including road traffic checks.
- When performing the road check, a road transport inspector has the right to give orders and signals. The inspector performs his/her activities wearing a uniform and using his/her ID card and identification mark, as well as the marked official vehicle.
- Orders and signals may be given by an inspector who is:
 - on foot;
 - in the vehicle or on a vehicle.
- When the visibility is sufficient, the inspector signals using a traffic stop signal (so-called lollipop) or his/her hand, and if the visibility is poor – using a torch with a red light or a traffic stop signal with a fluorescent or red light.
- The order to stop the vehicle is given from a sufficient distance, in a way ensuring that it can be noticed by the driver and the driver may safely stop the vehicle in a place indicated by the inspector.





V

DRIVING LICENCES – (categories of driving licences)



Category B authorises to drive:

- a motor vehicle with a maximum authorised mass not exceeding 3.5 tonnes, with the exception of buses and motorcycles;
- a combination of vehicles consisting of a vehicle referred to above and a light trailer; a combination of motor vehicles with a maximum authorised mass not exceeding 3.5 tonnes
- and a trailer other than a light trailer, provided that the total maximum authorised mass of the combination vehicle does not exceed 4250 kg;
- vehicles defined for Category AM driving licence.

Category AM authorises to drive:

- a moped;
- a light quadricycle (so-called quad).

Category A1 authorises to drive:

- a motorcycle with a cylinder capacity not exceeding 125 cubic centimetres, a power not exceeding 11 kW and a power/weight ratio not exceeding 0.1 kW/kg;
- a motor tricycle with a power not exceeding 15 kW;
- vehicles defined for Category AM driving licence.

Category A2 authorises to drive:

- a motorcycle with a power not exceeding 35 kW and a power/weight ratio not exceeding 0.2 kW/kg, and not derived from a vehicle of more than double its power;
- a motor tricycle with a power not exceeding 15 kW;
- vehicles defined for Category AM driving licence.

Category A authorises to drive:

- a motorcycle;
- vehicles defined for Category AM driving licence.



Category B1 authorises to drive:

- a quadricycle;
- vehicles defined for Category AM driving licence.

Category C1 authorises to drive:

- a motor vehicle with a maximum authorised mass exceeding 3.5 tonnes and not exceeding 7.5 tonnes, with the exception of buses;
- a combination of vehicles consisting of a vehicle referred to above and a light trailer;
- vehicles defined for Category AM driving licence.



V

DRIVING LICENCES – (categories of driving licences)



Category C authorises to drive:

- a motor vehicle with a maximum authorised mass exceeding 3.5 tonnes, with the exception of buses;
- a combination of vehicles consisting of a vehicle referred to above and a light trailer;
- vehicles defined for Category AM driving licence.

Category D1 authorises to drive:

- a bus constructed for the carried of no more than 17 persons including the driver, with a length not exceeding 8 m;
- a combination of vehicles consisting of a vehicle referred to above and a light trailer;
- vehicles defined for Category AM driving licence.

Category D authorises to drive:

- a bus;
- a combination of vehicles consisting of a vehicle referred to above and a light trailer;
- vehicles defined for Category AM driving licence.

Category T authorises to drive:

- an agricultural tractor or a slow-speed vehicle;
- a combination of vehicles consisting of an agricultural tractor with a trailer (trailers) or a slow-speed vehicle with a trailer (trailers);
- vehicles defined for Category AM driving licence.

Categories B+E, C+E or D+E authorise to drive:

- a vehicle defined in the driving licence Category B, C or D, along with a trailer (trailers), with the maximum authorised mass of the trailer in Category B+E not exceeding 3.5 tonnes.

Categories C1+E authorise to drive:

- a combination of vehicles with a maximum authorised mass not exceeding 12 tonnes, consisting of a vehicle defined in the driving licence Category C1 and a trailer.

Categories D1+E authorise to drive:

- a combination of vehicles consisting of a vehicle defined in the driving licence Category D1 and a trailer.

Categories B and C1+E, B and D1+E, B and C+E or B and D+E authorise to drive:

- a combination of vehicles defined in the driving licence Category B+E.

Category C+E and D authorises to drive:

- a combination of vehicles defined in the driving licence Category D+E.



**PEDES
TRI
ANS**





According to the Polish law, a pedestrian is:

a person who is not in a vehicle and is on the road, and does not perform on the road any works or activities stipulated in separate regulations; a pedestrian is also a person running, pulling or pushing a bicycle, moped, motorcycle, pram, cart or wheelchair, a person on wheelchair, as well as a person aged up to 10 years who is riding a bicycle under the care of an adult.

REMEMBER!

A pedestrian walking along the road after dusk outside the built-up area must use safety reflectors in a manner visible to other road users, unless walking on a road for pedestrians only or on a pavement.



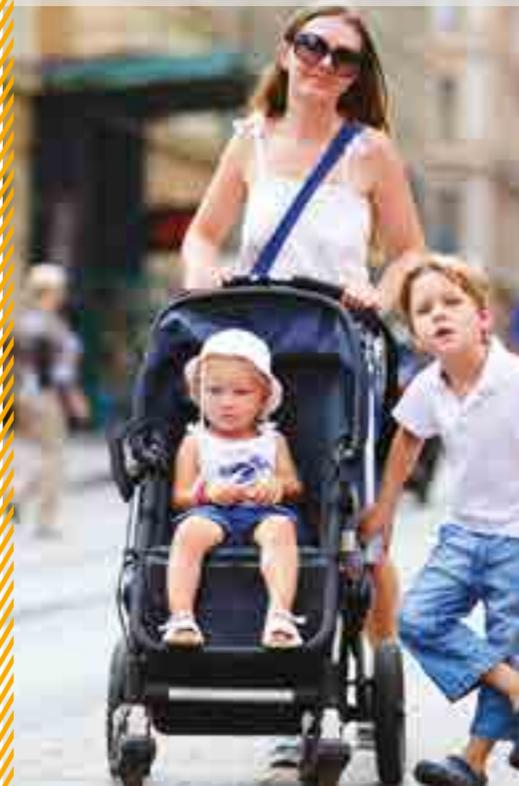
VI PEDESTRIANS



Pedestrians must not:

- Enter the carriageway:
 - directly in front of a moving vehicle, also at the pedestrian crossing;
 - from behind a vehicle or other obstacle reducing the visibility of the road;
 - when they have a red light;
- Cross the carriageway in a place where the road visibility is reduced;
- Slow their walk or stop without a justified reason while crossing the carriageway or tracks;
- Run across the road;
- Walk on tracks;
- Enter the tracks when gates or half-gates are across the road or in process of being placed across the road;
- Cross the carriageway in a place where safety facilities or barriers separate the road for pedestrians or a pavement from the carriageway, regardless of the side of the carriageway on which they are placed.

Most important obligations of a pedestrian:



- To be careful or, if required by the regulations, particularly careful;
- To use the pavement or the road for pedestrians, and if there are none, to use the road shoulder;
- To walk on the left side of the road shoulder or the carriageway;
- To walk on the right side of pavements;
- To be careful while crossing the carriageway or tracks;
- To walk along the carriageway one by one, while on a road with small traffic and good visibility two pedestrians may walk next to one another;
- To cross the road only in the places marked for that purpose, i.e. on pedestrian crossings;
- In a residential area, pedestrians have the right of way before vehicles, they may walk using the entire road and cross the road at any place, while children aged below 7 may use the road on their own, without the care of adults. The drivers must drive slowly, not exceeding the speed of 20 km/h;
- To follow the orders and signals given by traffic controllers or persons authorised to control the traffic, light signals and road signs.

DRIVER
and
PAS
SENGER





VII DRIVER AND PASSENGER



REMEMBER!



- Using seat belts is **OBLIGATORY FOR EVERYONE**, so always fasten your seat belts. This also applies to your passengers. You should fasten your seat belts in both passenger cars and buses. There are some exceptions, e.g. for heavily pregnant women or taxi drivers who carry a passenger.
- The use of car seats and other safety equipment for children is also **OBLIGATORY**.
- Use a safety helmet conforming to the appropriate technical conditions while riding a motorcycle or a moped.

DRIVERS:

- Make sure that the vehicle is in an appropriate technical conditions, in particular its lights, tyres, braking and steering system.
- Pay particular attention to the unprotected road users, i.e. pedestrians and cyclists, in particular within and on pedestrian crossing and crossings for cyclists.
- Give way to the bus entering the traffic from a bus stop.
- Use traffic indicator when changing the lane.
- Always give way to pedestrians at pedestrian crossing and to cyclists at the crossing for cyclists.
- Pedestrians and cyclists may not be visible after dark – be careful.
- Do not use a mobile phone, the earphone or microphone of which must be held in hand, while driving.
- You must have a fire extinguisher and a warning triangle in your car.
- Anti-speed camera devices are forbidden.
- Always drive with your lights on. You must drive with your passing lights on all year round. From dawn till dusk, if the air is clear, drivers may use daytime running lights instead of passing lights.
- Do not use fog lights, if not necessary.
- The number of passengers cannot exceed the number of seats specified in the vehicle registration document.
- Avoid collisions with other road users, regardless of whether they observe the traffic regulations or not.
- Be particularly careful when making dangerous manoeuvres and in dangerous places.
- Observe the traffic regulations while driving.

In a residential area, the permitted speed is maximum 20 km/h, regardless of the time of day and night.

Do not drive under the influence of alcohol or other intoxicating substances having a similar effect to alcohol!

- If the blood alcohol level of the driver is from 0.2 ‰ to 0.5 ‰, then the driver's state is considered to be "after alcohol intake" and driving in such state is a minor offence.
- If the blood alcohol level of the driver exceeds 0.5 ‰, then the driver is in the state of intoxication and driving in such state is treated as a crime.

Carriage of children:

- Children less than 150 cm tall and travelling at the front seat of a car must use a car seat or other restraining device (special platform).
- Children being 135–150 cm tall, when carried at the backseat, may travel without a car seat, if due to their weight and height, an appropriate device cannot be provided, but in such case the children must have the seat belts fastened.
- A child who is at least 3 years old may be transported only with seat belts fastened and without a car seat, at the backseat of a vehicle, but only when two children use the car seats (at the backseat) and it is impossible to add a third car seat there.
- A child under 3 years of age who travels by a coach or by public means of transport (bus, underground, tram) does not have to use seat belts.
- It is prohibited to carry a child in a rear-facing child seat or other restraining device placed on the front seat of a vehicle fitted with an active passenger's airbag.



CYCLISTS





VIII CYCLISTS



Cyclists must not:

- Ride without at least one of the hands on the handlebars and both legs on the pedals.
- Talk on the phone, if the receiver must be held in hand.
- Cling to vehicles.
- Riding a bicycle along a pedestrian crossing.
- At a railway crossing, cyclists cannot ride along the gates or half-gates which are across the road or enter the crossing when the gates or half-gates are in process of being placed across the road or lifted up.
- Cyclists riding on a public road in a larger group should ride in a column, one by one. However, the maximum number of two-wheeled bicycles in such a column cannot exceed 15. If the group of cyclists is larger than 15 persons, it should be divided into two columns. The distance between the columns must be at least 200 m.

Obligations of cyclists:

- Cyclists must use the route for bicycles or the traffic lane for bicycles. If there is no separate bicycle route or a traffic lane for bicycles on the road, the cyclist should use the road shoulder. If there is no road shoulder or it is unfit for riding, cyclists may use the road.
- Cyclists must ride on the right side of the road, as close to its edge as possible.
- A cyclist may use the left side of the road in line with the rules governing the pedestrian traffic, if the cyclist takes care of a person up to 10 years of age who is riding a bike.
- In special cases, cyclists may ride on the pavement. This happens when the permitted speed for vehicles on the road is higher than 50km/h, the pavement is at least 2 m wide and there is no separate route for bicycles, as well as when weather conditions are dangerous for cyclists on the road (snow, strong wind, downpour of rain, freezing rain, dense fog). When riding on a pavement, cyclists should be particularly careful and give way to pedestrians.
- When crossing a pavement or a route for pedestrians, cyclists must ride slowly and give way to pedestrians.
- If there is a pedestrian crossing within the bicycle route, a cyclist must get off the bicycle and take it through the pedestrian crossing.
- Cyclists must signal a change of traffic direction or lane. Since bicycles are not equipped with traffic indicators, cyclists should signal their intention to turn by pointing their hand towards the direction in which they turn. They should always make sure that they do not cut in to the way of other road user.



It is prohibited to ride a bicycle on expressways and motorways.

Children up to 7 years should be carried as passengers in special seats.

- Cyclists should take care of their own safety in road traffic. Using helmets, vests or other fluorescent elements is a good way to remain safe on the road.



Cyclists have the right of way at the bicycle crossing.

A cyclist may use pavement or a route for pedestrians only in exceptional situations, when:

- the cyclist takes care of a child aged up to 10 years who is riding a bike;
- the pavement along the road where vehicles may run with the speed exceeding 50 km/h is at least 2 m wide and there is no separate route for bicycles and a traffic lane for bicycles;
- weather conditions on the road are dangerous for the cyclist (snow, strong wind, downpour of rain, freezing rain, dense fog). In such situations, the cyclist must ride slowly, be particularly careful and give way to pedestrians.

The length of a bicycle along with a trailer cannot exceed 4 m.



REMEMBER!

Obligatory bicycle equipment:

- at the front – at least one white or selective yellow position light;
- at the back – at least one red reflector of a different shape than a triangle and at least one red position light;
- traffic indicators, if the construction of the bicycle or a bicycle cart does not allow the person riding it to signal the intention to change the direction or lane by stretching his/her hand;
- at least one efficient brake;
- a bell or other warning signal which does not make an ear-splitting sound.

In addition, a bicycle may be equipped with:

- reflectors (yellow in colour) on the pedals;
- white reflector at the front of the bicycle;
- any number of reflectors (yellow in colour) on the wheels, but at least one on each wheel;
- a fluorescent strip on a tyre or a wheel.

**MOTOR
CYCLE
and
MOPED
DRIVERS**





IX MOTORCYCLE AND MOPED DRIVERS

Motorcyclists

- Obligations:
 - To observe the traffic regulations while driving;
 - To use a safety helmet conforming to the appropriate technical conditions. The obligation applies also to persons who are passengers on a motorcycle.
- Motorcyclists should:
 - Carefully watch the surroundings;
 - Maintain safe speed and distance from the vehicle in front;
 - Be visible;
 - Despite the lack of legal regulations on the appropriate clothes, they should use them in their own interest.



Moped drivers

- If you have a driving licence for a motorcycle or a car, you can also drive a moped.
 - Both the driver and the passenger of a moped must wear safety helmets while driving.
 - A moped driver must drive on the road shoulder, and if there is no road shoulder or it is unfit for driving, or the moped would be an obstacle to pedestrian traffic, the moped driver can use the road.
 - A moped driver must maintain a safe speed and distance from the vehicle in front.
 - When approaching a pedestrian crossing, a moped driver must be particularly careful and give way to pedestrians who are on the crossing.
 - Moped drivers should drive on the right side of the road, close to its shoulder.
 - Mopeds cannot be used on expressways and motorways.
 - Moped drivers must signal their intention to make a manoeuvre.
- Moped drivers must not:
 - Drive on pavements, bicycle routes, motorways and expressways;
 - Drive next to other road user;
 - Use a mobile phone holding it in their hand;
 - Carry an intoxicated passenger.



X

SAFETY AT RAILWAY CROSSINGS AND AREAS



Instruction on how to safety use railway and road crossings

Remember that the use of railway and road crossing are subject to the same rules as ordinary road intersections, i.e. that you should act according to the signs, weather conditions and visibility conditions. If you see that the gates are down and the light and sound signals are on, this means that a train is approaching. You cannot use the crossing then! You must stop the vehicle in front of the crossing marked only with road signs, make sure that there is no train approaching and only then pass through.

- Remember to cross railway tracks only at designated crossings, observing all warning signs and signals.
- Stay alert at railway premises. Do not read, do not use earphones which may drown the sound of an approaching train. Remember that the elements of railway infrastructure are not the place for playing or resting.
- You must not walk on tracks, it is illegal and very dangerous. When an engine driver sees a person crossing the tracks at the place where it is prohibited or sees a vehicle on the tracks, it is already too late. The braking distance of a train may amount to even 2 km, i.e. more or less the length of 20 football pitches. Trains cannot stop fast enough to avoid a collision.
- Trains always have the right of way with respect to emergency and privileged vehicles, cars and pedestrians.
- Modern trains are quieter than ever before and many of them do not make the characteristic rattle sound. The train is always closer and runs faster than you think.





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