**Road safety event will highlight the danger of driver fatigue this bank holiday weekend.**

McCaughey’s Service Station on the N2 at Broomfield in Co Monaghan is the venue for a Road Safety Awareness event on Friday 4th August 2017 from midday to 7pm. Jointly organised by McCaughey’s Service Station and Monaghan County Council the event is also supported by Monaghan Gardai, the Road Safety Authority and Monaghan Fire and Rescue Service.

On the day the Road Safety Authority’s ‘Shuttlebus’ and “Rollover” simulator will be present giving everyone an opportunity to:

* Experience simulated virtual situations and experience first-hand the dangers of driving and texting and driver fatigue.
* See how driving environments and speed affect your braking distances on the brake reaction timer.
* Learn about tyre safety
* Practice you driving skills on car, motorbike & bicycle simulators.
* Take a road safety quiz in the activity zone.
* Practice the driver theory test on board.
* Test your fancy footwork by dancing to the Safe Cross Code in the activity zone.
* Practice your safe cycling skills on the state of the art bicycle simulator.

## The Rollover Simulator which is a car body fitted to a rotating hydraulic platform will allow you to experience a half or a full rotation, to show how it would feel if you were in a car which turned over in a collision and the lifesaving benefits of wearing a seatbelt.

Experts will be on hand to provide advice on various road safety issues including the dangers of driver fatigue, which has been an issue over Bank Holiday weekends when increased numbers of people take to the roads. It is estimated that driver fatigue is a contributory factor in as many as 1 in 5 driver deaths in Ireland every year. “Drivers who get behind the wheel while fatigued are just as much a risk to themselves and other road users.” said Adrian O’Sullivan, Road Safety Officer for Monaghan County Council. “Most people need 7 to 8 hours’ sleep each night and if you driver after insufficient or a bad night’s sleep, you risk ‘nodding off’ whilst driving and substantially increase the risk of being involved in a crash” added Adrian.

The RSA advice to drivers who feel the effects of fatigue whilst driving is to ‘Stop, Sip and Sleep’. Stop the car in a safe place, Sip a caffeine drink, and Sleep for 15-20 minutes. This should enable you to continue driving for another hour or so.”

Commenting on traffic safety in County Monaghan, Chief Superintendent for the Cavan-Monahan Division, Christopher Mangan referred to the increase in the number of people caught speeding locally. “There has been a significant increase in speed detections in County Monaghan, with 393 more motorists caught for speeding offences compared to the same period last year. Gardaí will continue to place an emphasis on detection of these offences and subsequent prosecutions in court to help reduce the number of deaths and serious injuries on the roads in County Monaghan.

Also attending on the day will be Cú Chulainn Blood Bikes. Formed in April 2016, they are a group of volunteers who transport blood / samples / x-rays etc between hospitals at no cost to the public purse for patients in Monaghan, Cavan, Louth and Meath. The volunteers also transport blood samples from family homes of sick children, allowing parents more time at home and less time travelling to hospital to leave off samples. Additionally they support sick or terminally ill children with visits, presents and activities in the hospital or at home. The group are fully trained and all have accredited First Aid Courses.

Provisional collision statistics from the Road Safety Authority show that during the period beginning January 2013 up to date there were 30 fatalities on County Monaghan roads, half of which occurred on the N2. A recent report from Road Plan Consultants who carried out a safety audit for Monaghan County Council on a stretch of the N2 from Drumgeeny to Castleblayney showed that 90% of accidents on this road were related to driver behaviour with over 70% of fatalities occurring as a result of head-on collisions. The aim of the bank holiday weekend event, which is part of the County Monaghan Road Safety Action Plan, is to encourage all of us as road users to take personal responsibility of how we use the roads and by setting good example through our own behaviours and attitudes, we can make our roads safer.

All are welcome to attend.