

Who is the IFRC?

The International Federation of Red Cross and Red Crescent Societies (IFRC) is the world's largest volunteer-based humanitarian network, reaching 150 million people each year through our 189 member National Societies. Together, we act before, during and after disasters and health emergencies to meet the needs and improve the lives of vulnerable people. We do so with impartiality as to nationality, race, gender, religious beliefs, class and political opinions. For more information, please visit www.ifrc.org. You can also connect with us on [Facebook](#), [Twitter](#), [YouTube](#) and [Flickr](#).



International Federation
of Red Cross and Red Crescent Societies
www.ifrc.org Saving lives, changing minds.

Who is the FIA?

www.fia.com

Founded in 1904, the FIA (Fédération Internationale de l'Automobile/International Federation of Automobile) is a non-profit association. It brings together 236 motoring/sporting organisations from 141 countries on 5 continents. Its member clubs represent millions of motorist and their families.



FIA Foundation
www.fiafoundation.org

Why are the IFRC and the FIA working together and how they manage to implement the activities?

An agreement was signed in 2014 because both organisations wish to reduce road crashes and to save lives. Through their members, National Societies and motoring/sporting organisations hold activities to educate people on road safety and first aid, helping to prevent road injuries and crashes.



TEN GOLDEN RULES

Belt up

All passengers are my responsibility

Respect the highway code

Rules are there to protect us all

Obey the speed limit

My car is made of metal, pedestrians and children are not

Check my tyres

Both for wear and for correct inflation, including the spare

Drive sober

When I am drunk or on drugs, I am a danger on the road

Protect my children

Keep them safe in car seats

Pay attention

Calling and texting while driving make me dangerous

Stop when I am tired

Getting there late is better than not at all

Wear a helmet

Motorbikes and bicycles do not protect my head

Be courteous and considerate

Respect other drivers



**In emergencies, 90% of lives
are saved by people like you**

**BE A HERO
SAVE LIVES**



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Logo National RC

Logo National
Automobile Club

**Working together to save lives and
reduce injuries on the road**

FACTS AND FIGURES

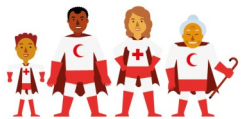
Nearly **3 400 people** die on the world's roads every day*.

Road traffic injuries are the leading cause of death among young people aged 15 to 29, and the second most common cause of death for those aged 5 to 14.

Today, there is one road fatality every 30 seconds.

Children, pedestrians, cyclists and older people are among the most vulnerable of road users.

Prompt, good-quality first aid can save the lives of many people injured in road traffic crashes.



**BE A HERO.
SAVE LIVES**

First aid is for everyone, everywhere

WHAT SHOULD I DO IN CASE OF A ROAD CRASH?

Stop and help

Do not leave it for someone else, **you can help**.

Stay safe

Keep off the road – do not put yourself in danger. Place warning signs around the crash scene to keep other traffic away.

Keep calm and call the emergency services

If there are injured people call an ambulance or ask to a bystander to do it so you can quickly move to the next step.

Give first aid

Knowing just a few basic could help **keep someone alive** until an ambulance arrives. Take a first aid course to learn the basics and increase your confidence to act.

→ Do not move the injured person unless there is an immediate danger.

→ Check if the victim is conscious talking to him/her and tapping gently.

→ If no response, check their breathing by gently tilting the head back and lifting the chin.

→ If the victim is breathing, place him/her in recovery position.

→ If no breath, start resuscitation.

→ In case of severe bleeding: put on gloves or use a plastic bag to apply a firm pressure.

To learn these first aid techniques, contact your local Red Cross or Red Crescent.

ABOUT YOUR NATIONAL SOCIETY

ABOUT YOUR NATIONAL AUTOMOBILE CLUB