

HFE Human Factors and Ergonomics Namibia Newsletter

Summer Holidays!

In Namibia, December means summer **holidays!**
This equates to **travel**, relaxation and family time.

Safety is the priority, but not necessarily the first thing that comes to mind when planning your holiday.

Here are a few **tips** when traveling for the holiday season:

- **Comfort:** when getting into your vehicle, ensure that your seat is adjusted to your height and leg length. Sitting at a slight angle can enhance blood flow and reduce swelling of the feet.
- **Attention:** avoid using your phone while driving, as this is a distraction and when traveling at 120 km/h, **every second counts.**
- **Decision-making:** don't haste to make a decision to pass another vehicle - rather ensure that you are maintaining a safe distance and take your time to make decisions.

Contact us if you **want to know more about driver safety!**



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