

FACTSHEET - TRAFFIC ACCIDENTS

The essentials in brief

- Every 30–90 seconds, someone dies in a road traffic accident somewhere in the world.
- Over 90% of these deaths occur in Asia, Africa and Latin America.
- The risk of being seriously injured or killed in a traffic accident while travelling is up to 100 times higher than in Switzerland.
- Particularly at risk are pedestrians, cyclists and passengers in overcrowded vehicles.



Caution! Increased risk of accidents for:

- Two-wheelers in general (motorcycles, mopeds, bicycles)
- Night-time driving (a no-go outside well-lit areas)
- Under the influence of alcohol or drugs, fatigue
- Shared taxis (e.g. tuk-tuks, matatus, dalaladas, colectivos)
- travelling with long-distance and especially night-buses and lorries/trucks
- Poor road infrastructure & left-hand traffic



Matatu

Tuk-tuk

Why? In many travel destinations:

- Vehicles poorly maintained
- Traffic rules rarely enforced
- Unlit and confusing roads
- Limited medical care

In Africa, traffic accidents are the **most common cause of death among tourists**. In Asia and Latin America, **motorcyclists and pedestrians** are particularly affected.

Prevention:

- **Primarily drive during daylight hours**; night-time driving (especially on country roads) is generally not recommended and best avoided
- Always wear a motorcycle or bicycle helmet (whether required by law or not, bring one from home if necessary!)
- **Always wear a seatbelt** and switch on your lights, even during the day
- **Strictly avoid alcohol and drugs**
- Do not ride in the **back of lorries/trucks or pick-up trucks**
- Avoid **overcrowded buses** and risky **shared taxis** (e.g. tuk-tuks, matatus, peseros)
- Exercise extreme caution when driving on the left: "Look right, then left, then right again!"

What to do in the event of an accident?

1. **Safety:** Check your own safety, secure the accident site
2. **Administer first aid**
 - Check whether anyone is injured → check consciousness, breathing and pulse, perform life-saving measures if necessary (recovery position, secure airways, etc.)
 - Stop bleeding
 - Do not move anyone if you suspect they have back or head injuries
3. **Emergency call & help**
 - Dial the local emergency number
 - Inform hotel, tour guide or insurance company
4. **Document**
 - Request a police report (important for insurance purposes)
 - Document the location of the accident, date, parties involved and take photos
 - Report the accident to your international health insurance provider

Accident & health insurance

- Check insurance cover before travelling
- Clarify foreign coverage and repatriation
- Carry your insurance card and emergency number with you
- **Please note:** Public hospitals abroad are often expensive or inadequate