The P.A.N.I.C App

The P.A.N.I.C App is designed to help you in the first few moments if you are involved in a car crash. It gives you information about protecting the scene and yourself, basic first aid and a location finder so you can tell the emergency services where you are. In addition the App will store your emergency contact and medical details (ICE) along with many useful reminders about your car’s MOT, insurance renewals etc.

Jo’s story

Jo Pryce, 17, was travelling with her boyfriend when he overtook a friend’s car at speed, approaching a bend. He lost control when he tried to avoid oncoming traffic and crashed into a tree. Jo died from her injuries at the scene, while her boyfriend walked away with only minor injuries.

Jo had only begun a new job as a medical receptionist two weeks before the tragedy, and was a popular girl with many friends.

The driver was found guilty of causing death by dangerous driving. He was sentenced to four years in prison and banned from driving for five years. The driving ban would not come into effect until after he served his sentence.

Inexperience, over confidence, speed and a lack of responsibility for road users and his passengers - including Jo - led to this tragedy.

“It should never have happened, a parent should never have to bury his child, it’s such a waste,” said Jo’s Dad, Gerry Pryce.

Jo’s story was one of the inspirations for The Honest Truth. Please remember her story and stay safe on the roads.

Thrifty Car & Van Rental operates from just under 100 locations in the UK. Our high quality cars include the smallest economy 3-door cars right up to Luxury 4x4s and a wide range of sports and high performance models. Our vans are multi-sized – including standard Transit-type and Lutons with tail-lifts. Our range of people carriers covers 7 to 17 seat options.

We rent our vehicles by the hour, the day, the week and longer. Our FlexiFleet programme enables customers to rent vehicles on a short to medium term basis without being tied into a long term commitment.

We are able to rent to customers aged 21 & upwards (some restrictions apply to younger drivers) and cover additional drivers on hires. Terms & conditions apply.

Bookings can be made on our website or by calling our Central Reservations team.

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Registered Charity Number 1160918

Which one are you?

thehonesttruth.co.uk
Dear All,

On Behalf of The Honest Truth Road Safety Charity and Thrifty Car & Van Rental we’d like to take the opportunity to thank you for taking the time to read this information and for your interest in keeping safe on the roads.

Road safety is everyone’s responsibility and the slightest error of judgement or making a poor decision can have devastating and far reaching consequences.

Far too many people drive around with the belief that it won’t happen to them but the reality is that serious and fatal collisions happen to very ordinary people, people just like you and I.

Remember, small changes can save lives. Thank you for reading.

Jim Nye
Chair of Trustees
The Honest Truth

Roger Hancock
Managing Director
Thrifty Car & Van Rental

For more information visit:
www.thehonesttruth.co.uk

**Risk factors**

The following factors all increase your chance of being involved in a crash. The more of these you do, the greater the risk.

- Speeding
- Driving in bad weather
- Having passengers in the car
- Driving between 10pm and 5am
- Drinking alcohol or taking drugs
- Using a mobile phone

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**Seatbelts**

- A life would be saved every day if everyone wore their seatbelts.
- People are less likely to use seatbelts on short or familiar journeys or at low speeds. This puts them at serious risk.

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**Drink**

- There is no foolproof way of drinking and staying under the limit.
- Driving after just ONE drink makes you more likely to have a car crash.
- Alcohol stays in your system longer than you think.

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**Mobile Phones**

- If you use a mobile phone you are four times more likely to crash, injuring or killing yourself and/or other people.
- Remember it isn’t just speaking – texting and using smartphones is even more distracting than talking on your phone.

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**Drugs**

- Drugs can cause slower reaction times, poor concentration, sleepiness/fatigue, confused thinking, distorted perception and over-confidence.
- Prescription medicines can also affect your ability to drive, so always read the leaflet.

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**Showing Off**

- Revving your engine excessively or spinning your wheels can get you a warning from the Police.
- If you do it again your car may be towed away and it will cost hundreds to get it back.
- Your insurance premiums could possibly increase.

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**Speed**

- Driving too fast for the conditions is a major cause of crashes.
- At 35mph you are twice as likely to kill someone as you are at 30mph.

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**Tired**

- Research shows that up to 20% of the collisions on the road are sleep related.
- Young drivers are statistically more likely to crash because they are twice as likely to undertake a journey whilst feeling tired.
- Sleep related collisions tend to be more serious; with 50% more likelihood to result in death or serious injury.

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**Distractions**

- Having friends in your car can encourage you to take more risks.
- More girls die as passengers than drivers. If someone’s not driving safely and you’re a passenger, speak up.
- All sorts of distractions, not just those inside the car, can cause crashes.

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**Consequences**

- ..better five minutes late than being dead on time
- ..consequences last longer than your hangover
- ..stoned, high or drunk, the punishment’s the same
- ..watch the road, not the chimps in the back
- ..belt up in the back - don’t be a deadweight
- ..try impressing your mates without your car
- ..how shattered are you
- ..dying to read your text?