



Making your driving safe and relaxed

- Is the journey necessary?
- Could a journey be combined with another and reduce carbon your footprint?
- Plan the journey and consider not driving in the rush hour.
- The driver has complete responsibility for the vehicle.
- Is the vehicle safe and legal?
- Is your driving licence valid, the photo part of the licence is only valid for ten years.
- Complete vehicle checks including screen wash, oil and lights once a week.
- Check tyre pressures, damage and tread, under inflated tyres use more fuel.
- Do you know how to check wear bars on tyres?
- Know if your braking in the wet is going to be compromised by minimal tread depth.
- The seat position must be adjusted to reach the controls easily.
- The head restraint must be adjusted high and close enough to protect the neck in the event of an impact.
- Adjust the seat position so the arms and legs don't lock straight and could cause injury.
- Assess the control panel when the engine is turned on to be aware of the safety features fitted to each particular vehicle.
- Try and have a positive mental attitude.
- Recognise any unhelpful emotions that can affect your driving.
- Turn the mobile phone off before driving; consider leaving a voice mail saying that you will pick up your messages every hour.
- If you take a break to check your messages every hour, you are also taking a break from driving.
- Only use your mobile phone hand held when the engine is off.
- Sleep is a basic requirement, don't drive very tired.
- Concentrate and your observation will improve and you will not run out of space and time.
- Drive at a speed that is appropriate for the conditions, the speed limit is a maximum.
- If you fall behind on your schedule, phone ahead and don't give yourself a deadline that will pressure you into excessive speed or risk taking.
- Drive responsibly and don't compete on the road.
- Keep visible, don't sit in the blind spots of other vehicles, particularly lorries.
- Always drive on the left unless overtaking or tuning right.
- Leave a two second gap in good conditions, this increases your forward vision and no one like to be tailgated.
- Always be able to stop in the distance you can see, bends and brows of hills are potential danger.
- Enjoy your driving and try to drive to the highest standard you can.
- Take care of yourself and other road users.

Safer drivers save lives



