

Drivers



There are four main causes of serious injuries and deaths on the roads. They are commonly known as the '**fatal four**'.



SPEEDING

Keep to the limit. Driving too fast for the road conditions or exceeding the permitted speed limit is dangerous and could end up with tragic consequences. You could also face heavy fines, penalty points on your license or even be banned from driving.



SEAT BELTS

Seat belts save lives – buckle up every time. It is against the law not to wear a seat belt, wear them even on short journeys and make sure children are correctly secured.



DISTRACTIONS

Distractions can kill – never use your mobile phone whilst driving. A split second of distraction, or loss of concentration, can cause a crash and injury to you and others. Using mobile devices such as phones, whilst driving is illegal, turn them off and put them away. Loud music can prevent you from knowing what's going on inside and outside your car – turn it down!



ALCOHOL AND DRUGS

Driving under the influence is an offence. The police can test for both alcohol and drug use at the roadside. Drugs can have an unpredictable effect on your driving and it is impossible to know how much alcohol will affect you. If you are over the limit or test positive for drugs, you risk a fine, a criminal record or even prison.

YOUNG DRIVERS



Young drivers (aged 17–24) are the most at risk of being killed or seriously injured on our roads.

PEER PRESSURE

Peer pressure can cause some young drivers to take risks they wouldn't normally, this includes all of the **fatal four**, with devastating consequences.

Research has shown that young people are more likely to show off and pay less attention to the road when they drive with their friends.

Tips to avoid peer pressure for young drivers:

- know and respect your own personal limits
- surround yourself with people with whom you share similar values
- think twice about the dangers to you, your passengers and others
- remind yourself about the possibility of negative consequences.

REMEMBER

It's OK to say NO! – stand your ground if anyone is putting pressure on you to take risks.

VEHICLE MAINTENANCE



- Get your car serviced at least once a year by a qualified mechanic. If your car is over three years old you'll need an annual MOT safety inspection.
- Make sure the radiator water, oil and windscreen washer fluids are all topped up.
- Check your lights are working, tyres have enough tread and are inflated to the right pressure and that your windscreen wipers work.
- Make sure you have enough fuel to get you to your destination.

WHEN YOU TRAVEL

- If you are going on a long journey, check weather forecasts. If severe weather is predicted, travel only if your journey is essential.
- Clear snow or ice from windows and lights and from the roof of the car to prevent causing a hazard to other road users.
- Be prepared – keep a winter emergency kit in the boot. Include items such as: a blanket, warm clothes, ice scraper, de-icer, torch, water, energy food, and a shovel.

DURING YOUR JOURNEY



- Slow down near schools and shopping centres or places where people may have been drinking such as clubs, bars and restaurants.
- Use your indicators and leave plenty of space when overtaking any cyclist or motorbike.
- Be careful when opening car doors.
- Don't enter the advanced stop line box when traffic lights are red. This is reserved for cyclists.
- Use your lights when visibility is poor (not just at night) – this helps to see and be seen.
- Take a comfort break on long journeys – plan to have a break every two hours.

REMEMBER

Keep your distance! Stopping distances can be doubled on wet roads and be up to 10 times further in icy conditions.

ROAD TRAFFIC COLLISIONS



Always think about personal safety first. If you are involved in a crash or stop to give assistance:

- use your hazard warning lights to warn other traffic
- ask drivers to switch off their engines and stop smoking
- if necessary phone 999 immediately and give full details of the incident, location and any casualties
- move uninjured people away from the vehicles to safety; on a motorway this should be well away from the traffic, the hard shoulder and the central reservation
- do not move injured people from their vehicles unless they are in immediate danger from fire or explosion
- do not remove a motorcyclist's helmet unless it is essential to do so, i.e. if the motorcyclist is not breathing
- stay at the scene until emergency services arrive.

BREAKING DOWN



- Put on your hazard warning lights and phone for breakdown assistance.
- Only if it is safe to do so, try to get your vehicle off the road.
- Put a warning triangle on the road at least 45 metres behind it (but not on a motorway).
- Always stand a safe distance away from the vehicle.

Heavy goods vehicles, vans and buses



Heavy goods vehicles (HGVs), vans and buses are involved in a high number of tragic collisions involving cyclists and pedestrians, every year.

We all share our roads but it's important to remember to give larger vehicles the extra space they need. Any lorry, van or bus will take longer to stop and all road users should take extra care.

For more information visit:
tfl.gov.uk/safer-lorry-scheme

If your company is part of the Construction Logistics and Community Safety (CLOCS) or the Fleet Operator Recognition Scheme (FORS) be aware of their requirements and ensure that you drive to their standards.