



Checklist

Driver Safety

More than 90% of crashes are the result of driver error and, therefore, are preventable.

Adopt safe driving habits:

- ✓ Turn off smartphones or other devices before starting your vehicle
- ✓ Adjust vehicle controls such as mirrors, seat, and air temperature controls before driving
- ✓ Pre-set your navigation system and music playlists before driving
- ✓ Never drink alcohol and drive. Impairment begins with the first drink
- ✓ Check the side effects of your medications before getting behind the wheel
- ✓ Watch your speed
- ✓ If you are tired, pull over
- ✓ On long trips, take regular breaks to avoid fatigue
- ✓ Always wear a seatbelt and make sure all passengers are correctly belted before driving
- ✓ Allow adequate time to get to your destination
- ✓ Carry out regular inspection of the vehicle before driving
- ✓ Always follow RUA driver (recognize the hazard, understand the defence and act correctly in time)
- ✓ If you are impaired, do not drive

It is important to our safety and those we share the roads with to find ways to identify and eliminate distractions that occur while driving.