



Top 10 Tips for Safe Driving



Belt up on every journey

Always wear your seat belt and make sure your passengers do too (front and back).



Take a break

Never drive whilst tired. On long journeys stop for at least a 15 minute break every 2 hours.



Protect your neck

Adjust your head restraint and save yourself from whiplash.



Switch off your phone

No conversation, or text message, is more important than your life or someone else's.



Keep your distance

Always keep a "2" second gap between you and the vehicle in front.



Don't drink and drive

Alcohol impairs your driving, even a small amount. Think carefully if you're safe to drive the morning after too.



Slow down

Don't exceed the speed limit! Adjust your speed around schools and in poor weather conditions.



Anticipate and observe

Look once, look twice, THINK BIKE. Look out for pedestrians and all types of other road users.



Concentrate

Just a moment's distraction can kill. Give the job of driving your full attention.



Look after your car

Regularly check: oil, water, tyres and lights. It is your responsibility to keep your car roadworthy.

