



Stay Safe Checklist for... motorists

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- ✓ Watch your speed – Government figures show that exceeding the speed limit was reported as a factor in 5 per cent of accidents, but these accidents involved 14 per cent of fatalities.(Source: Dept of Transport 2011).
- ✓ Check all your lights and your windscreen wipers are working properly, particularly as we head into the winter months when visibility is poor and there are fewer hours of daylight.
- ✓ Drink OR Drive, make the right choice and give alcohol time, you may be unsafe to drive the morning after the night before, think before you drive.
- ✓ Are you and all your passengers wearing seatbelts? Are child seats fitted properly?
- ✓ Remember to keep your distance from the car in front - only a fool breaks the two second rule.
- ✓ Don't use mobile phones whilst driving and be a responsible passenger and avoid distractions.
- ✓ Are you a new driver or are there any new drivers in your family? Take extra care as one in five new drivers are involved in a crash in their first year of driving.
- ✓ When did you last check the tread on your tyres? Not only is it dangerous to have tyres worn below the legal limit but it can cost you penalty points and fines.
- ✓ Check the pressure on your tyres too – under-inflated tyres are much more likely to suffer a dangerous blowout, typically at high speed on a busy motorway or main road.
- ✓ Have you checked the weather? Allow extra time if it's going to be bad weather. The winter months usually bring rain and other weather conditions which could affect the condition of the roads, making them more dangerous.
- ✓ Have you considered getting a warning triangle to help alert other drivers to hazards if you break down?