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# ATENTONIA.



zero4Life









BE AWARE OF SLIPS, TRIPS AND FALLS HAZARDS THIS WINTER!

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CEMEX

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## BE PREPARED FOR WINTER DRIVING! DRIVING ESSENTIALS





#### **Safety Checks**

Carry out your vehicle checks before driving and make sure your load is stable and secure.



### Respect the Law and other Drivers

Know and follow the road rules and be courteous to other drivers.



#### **Mobile Phone**

Use of a hand-held mobile phone whilst driving is prohibited.



#### **Fit and Alert**

Ensure you are fit to drive: hydrated, well rested, and free from the influence of alcohol or drugs.



#### Watch your Speed

Keep below the limit and adjust your speed to suit road and weather conditions



#### **Journey Planning**

Assess the risks and plan your journey to use the safest route.



#### **Site Safety**

Check for hazards when on site, be highly visible and assess the risks before unloading.



#### **Other Road Users**

Stay alert to other road users, particularly motorcyclists, cyclists and pedestrians.



#### Do not Overtake

Unless it is safe and legal to do so.



#### **Keep a Safe Distance**

Leave enough space between you and the vehicle in front so you can stop safely.



#### **Seatbelts Save Lives**

Wear your seatbelt and make sure any passengers do as well.



#### Remember

 Your family depends on you.
 So drive to arrive safely at all times!