


FIT TO DRIVE

Check your health condition before driving



Zero4Life

 = It's important for drivers to ensure they are fit to drive before starting any journey. Here are some steps to help check your health condition:



Take a moment to self-assess how you feel



Check your numbers (BP, sugar levels)



Have you had medication if required?



Avoid driving on empty stomach or dehydrated



Ensure you have had adequate sleep



Assess your mental state - (stress, anxiety)



Ensure vision is clear, eye-wear is up to date

Stay safe and take care!