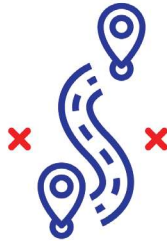


Driving Essentials



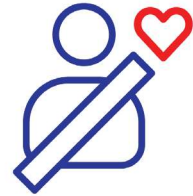
Safety Checks

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



Journey Planning

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



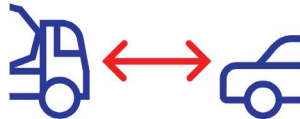
Seatbelts Save Lives

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



Watch Your Speed

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



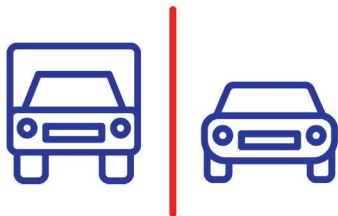
Keep a Safe Distance

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



Fit and Alert

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



Do Not Overtake

Unless it is safe and legal to do so.



Mobile Phone

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



Other Road Users

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



Respect the Law and Other Drivers

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



Site Safety

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



Remember

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