

## How Fresh are Your F.L.O.W.E.R.S.?

### Fuel

- Sufficient for Journey?

### Lights

- Not cracked - All working?

### Oil

- Levels OK - Oil - Brake/steering fluid?

### Water

- Windscreen/coolant?

### Electrics

- Systems OK - No lights stay on?

### Rubber

- Tyre pressures, tread, cuts etc?

### Self

- Not on medication or feeling drowsy?

These checks are imperative to the safe running of your vehicle. If neglected any of them could contribute to the cause of a collision.

## Will You Survive?

### Managing your risk:

#### Speed:

How easily could you change speed or direction to avoid a collision?

#### Surprise:

How certain are you that you know **exactly** what's going to happen next?

#### Space:

How much room on the road and the surrounding area do you have available to use for yourself, and to share with others to avoid a collision?

**Increase Speed—Increase Risk**  
**Increase Surprise—Increase Risk**  
**Increase Space—Decrease Risk**

Universal Driver Training



## Hints and Tips for Safe Defensive Driving

Universal Driver Training

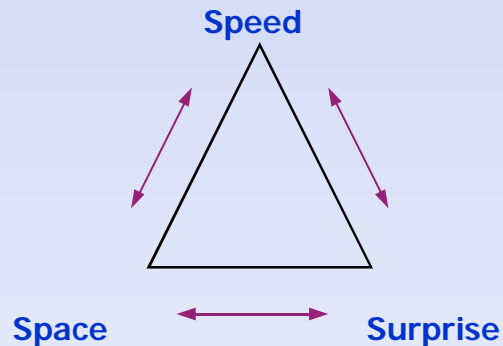


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# SAFE

## Control is All

There are three main factors when it comes to avoiding a collision:



**CHECK**

Your speed

**CHECK**

The threat of surprise

**CHECK**

The space available

$$\text{Risk} = \frac{\text{Speed} \times \text{Surprise}}{\text{Space}}$$

**Be Defensive**  
**Control all Three**

# DEFENSIVE

## Keep it Cool!

Stress free driving will always be achieved by taking these few steps:

### Awareness:

Keep head and eyes up, look beyond the car in front.

### Anticipation:

Being aware buys more time for anticipating other road users actions.

### Attitude:

Accept we all make mistakes, don't wind up, be aware of and anticipate what others might do.

### Timing:

Allow plenty of time to complete your journey. Plan your route and allow time for breaks on longer trips and of course, take note of weather conditions



# DRIVING

## Stay Within the Limits!

1. Check your speed regularly, especially when leaving a motorway for example
2. Know the speed limits—look for signs
3. Assume lit roads mean 30mph unless signs say otherwise
4. Check the side roads—if there are no speed signs, then you're in a 30 zone
5. Speed limits are a maximum not a target!
6. "20's plenty" when there are children around
7. Slow down when entering villages or approaching schools etc
8. Concentrate—distraction causes drivers to speed
9. Observe, then resolve, what makes you speed— being tail-gated, keeping up with traffic, or overtaking for example
10. At 30mph, vehicles travel 44 feet every second.

**Better to arrive late than dead, on time.**

