

DRIVE FIT



Bill Pope

DVSA

1 in 11



crash in 1st 6 months...

experience



safedrivingforlife.info



Drivefit.info



A pass is just a BASIC standard



Organise ✓
Plan ✓

(2hrs p.wk)

Keep learning!



100 hours over 12 months



Hazard Perception

Professor
David Crundall



The first
year of
driving is
the most
dangerous



It's a skill
EVERYONE
can improve



- ✓ 30 mins
- ✓ every 2-4 weeks

CLICKETY CLICK



CLICK!!

CLICK

CLICK!

→
the FUTURE
of
hazard perception

360°



(VR headsets are becoming more affordable)



Download clips

↓
safedrivingforlife.info

Dr Neale Kinnear
Transport Research Lab

Buying a car...



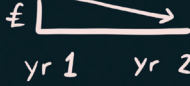
- ✓ Less than 10yrs old
- ✓ AEB, ABS, ESP, ESC etc.



euroncap.com



Telematics Insurance



Using your phone while driving = 6 points

(losing your license!)
+ a fine



Auto-response

I'm driving - speak to you soon!

Safe Mode

Set to "do not disturb"

Dr Neale's top tips:

- 1 Buy a **SAFE** Car
- 2 Wear your Seatbelt!
- 3 Safe driving mode
- 4 1 passenger at a time
- 4 Limit nighttime driving!



Eyes on the road



Hands on the wheel
mind on the traffic



Dr Ashleigh Filtness

COMMIT

to never driving
while tired!



Asleep = NO reactions



PLAN
AHEAD

Have a
healthy
sleep schedule

- ✓ Get off the road
- ✓ Caffeine 
- ✓ 20min nap
(this'll give you 1hour)

HARD
STOP

Be fit to
drive. It's
Your responsibility!

Get
enough
sleep
for YOU.



Reduce screen
time before bed

How to
spot it



yawn



Heavy eyes

MPS Olly Taylor

on speeding...

FINES + POINTS

FOR SPEEDING



Excuses:

Oh, I know the road!

I was late!

DRINK + DRUGS

Had a drink?

PLAN B



Road-side drug testing



Call for a lift

Designated driver

Taxi

Olly's Tips

Keep Ya DISTANCE

2 seconds

4 seconds

10 seconds

vanishing point

Give space and time to react!



Benefits



Saves fuel

Less stressful



You're in control

Reaction times

Higher speed = Higher risk!!



Only a fool breaks the 2 second rule!

The first part of the document discusses the importance of maintaining accurate records of all transactions. It emphasizes that every entry, no matter how small, should be recorded to ensure the integrity of the financial data. This includes not only sales and purchases but also expenses and income. The document provides a detailed list of items that should be tracked, such as inventory levels, customer orders, and supplier invoices. It also outlines the procedures for recording these transactions, including the use of specific forms and the assignment of responsibilities to different staff members.

The second part of the document focuses on the analysis of the recorded data. It describes various methods for identifying trends and anomalies in the financial records. This includes comparing current performance with historical data and industry benchmarks. The document also discusses the importance of regular audits and reconciliations to catch any errors or discrepancies early on. It provides a step-by-step guide for conducting these audits, from the selection of samples to the final reporting of findings.

The third part of the document addresses the communication of financial information to management and other stakeholders. It highlights the need for clear, concise, and timely reports that provide a comprehensive overview of the company's financial health. The document offers suggestions for the format and content of these reports, as well as the best practices for presenting the data. It also discusses the importance of transparency and accountability in financial reporting, and how these principles can be used to build trust and confidence among investors and other interested parties.

Finally, the document concludes with a summary of the key points discussed and offers some final thoughts on the importance of sound financial management. It encourages the reader to take the time to review the document carefully and to implement the recommended practices in their own organization. It also provides contact information for further assistance and support.