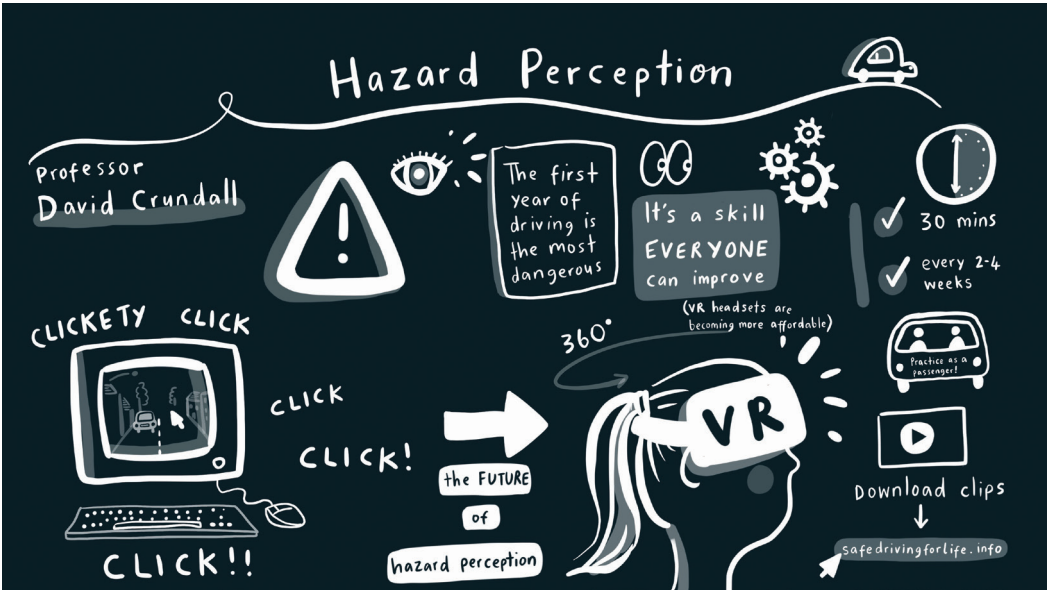
DRIVE FIT


Bill Pope
DVSA
1 in 11
crash in 1st 6 months...
experience
safedrivingforlife.info
Safe Driving For Life
Drivefit.info
P = X
A pass is just a BASIC standard
Organise
Plan
(2hrs p.wk)
100 hours over 12 months
Keep learning!
woohoo!


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)
VR
Practice as a passenger!
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
£
yr 1
yr 2
Using your phone while driving = 6 points
(losing your license!)
+ a fine
L
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
Zzzz
COMMIT
to never driving while tired!
Have a healthy sleep schedule
PLAN AHEAD
Get enough sleep for you.
Reduce screen time before bed
Be fit to drive. It's your responsibility!
Asleep = NO reactions
Get off the road
Caffeine
20min nap
(this'll give you 1hour)
HARD STOP
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!
Reaction times
Higher speed = Higher risk!!
Benefits
Saves fuel
Less Stressful
You're in control
Only a fool breaks the 2 Second rule!