

DRIVE
FIT

The image features the words "DRIVE" and "FIT" in a bold, sans-serif font, stacked vertically. The letters are filled with various colors and geometric patterns. The top row, "DRIVE", has a red 'D', a red 'R', a dark blue 'I' with a white dashed vertical line through its center, a yellow 'V', and a yellow 'E'. The bottom row, "FIT", has a teal 'F', a red 'I' with a white dashed vertical line through its center, and a yellow 'T'. The letters are set against a dark grey background.

Bill Pope

DVSA

1 in 11



crash in 1st 6 months...

experience



safedrivingforlife.info



Drivefit.info



A pass is just a BASIC standard

Keep learning!



(2hrs p.wk)



Organise Plan ✓

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

Buying a car...



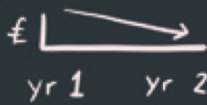
- ✓ Less than 10yrs old
- ✓ AEB, ABS, ESP, ESC etc.



euRNCAP.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
- 5 Limit nighttime driving!



Eyes on the road

Hands on the wheel!



mind on the traffic

Dr Ashleigh Filtness



Be fit to drive. It's your responsibility!

COMMIT

to never driving while tired!

Have a healthy sleep schedule

PLAN AHEAD


Get enough sleep for you.



Reduce screen time before bed

Asleep = NO reactions



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

HARD STOP

How to spot it



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



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!

