

Alertness Facts List



Driving	
1	If you see a sign saying, 'Oncoming Vehicles in Middle of Road', you should first slow down
2	Avoid overtaking when approaching dip in road
3	A curved arrow painted on the road, means that overtaking traffic should move back to the left
4	Yellow lines painted across the road are there to help you be aware of your speed
5	Use your mirrors before slowing down or speeding up, and before changing position or direction
6	When you're following a large vehicle, keep a safe distance behind so the lorry driver can see you in their mirrors
7	If you feel sleepy while driving on a motorway, leave the motorway and stop in a safe place
8	Before emerging to turn right onto a dual carriageway, check that central reservation is wide enough for your car
9	When passing cyclists you should leave them plenty of space
Distractions	
10	If you phone rings while driving, you should leave it until you've stopped in a safe place
11	Mobile phones are most likely to distract drivers
12	Only use a mobile phone when you're parked safely
13	A Sat Nav can distract you when driving. Make sure you set it before starting your journey
Emergency Stop	
14	Do not check your mirrors before performing an Emergency Stop
15	When stopping in an emergency, keep both hands firmly on the steering wheel
16	Before moving away after an Emergency Stop, check all around and check both blind spots
Manoeuvring	
19	If you can't see clearly when reversing, ask someone to guide you
20	Before making a U turn, you should first check over shoulder

21	Pillars in a car can cause a serious obstruction to your vision when you're approaching bends and junctions