

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

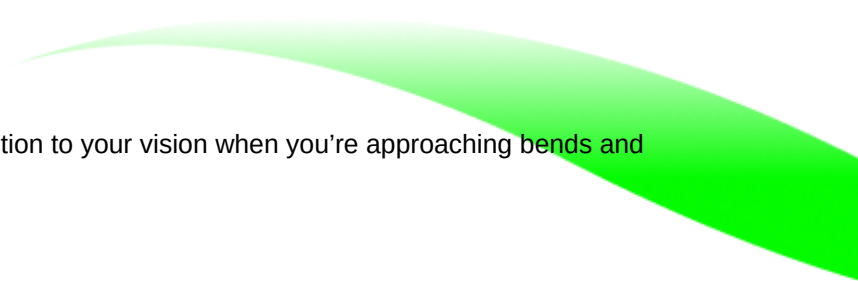
- 10 If you phone rings while driving, you should leave it until you've stopped in a safe place
- 11 Mobile phones are most likely to distract drivers
- 12 Only use a mobile phone when you're parked safely
- 13 A Sat Nav can distract you when driving. Make sure you set it before starting your journey

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 your shoulder



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