

# Tips for Safe Driving

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Good driving starts even before you start the car. To be at your optimum when driving you should be alert, comfortable and safe. The following tips should help you to be a safer driver:

Do not drive under the influence of alcohol or other drugs, which reduce your alertness. If you are intoxicated, fatigued or emotionally upset, you may not be able to make the split-second decisions needed when driving.

Use your seat belt, buckle up your children and use special child safety seats.

Make all the necessary adjustments to your seat, the mirrors, steering wheel and head restraints before moving off.

Drive defensively and avoid distractions (for example avoid using a cellular phone while driving). Overtake only if it is safe to do so.

Don't drive too fast - obey the speed limit, match your speed to traffic, road and weather conditions and to your driving ability. (Unfortunately more than 90% of drivers consider themselves better than average drivers.)

Always drive at a safe distance from the vehicle in front – the faster you are going, the further back you should be. When moving off at a junction, make sure the vehicle in front of you has in fact moved off as well.

Use rear and side mirrors when changing direction.

## **The Five most common types of accidents:**

- Occur very close to the home
- Involve rear-end collisions
- Happen around bends or corners
- Occur while turning right
- Take place at a junction

It is important to keep your insurance company up-to-date and keep the insurance company informed about changes in the value of the vehicle and the persons expected to drive it.