

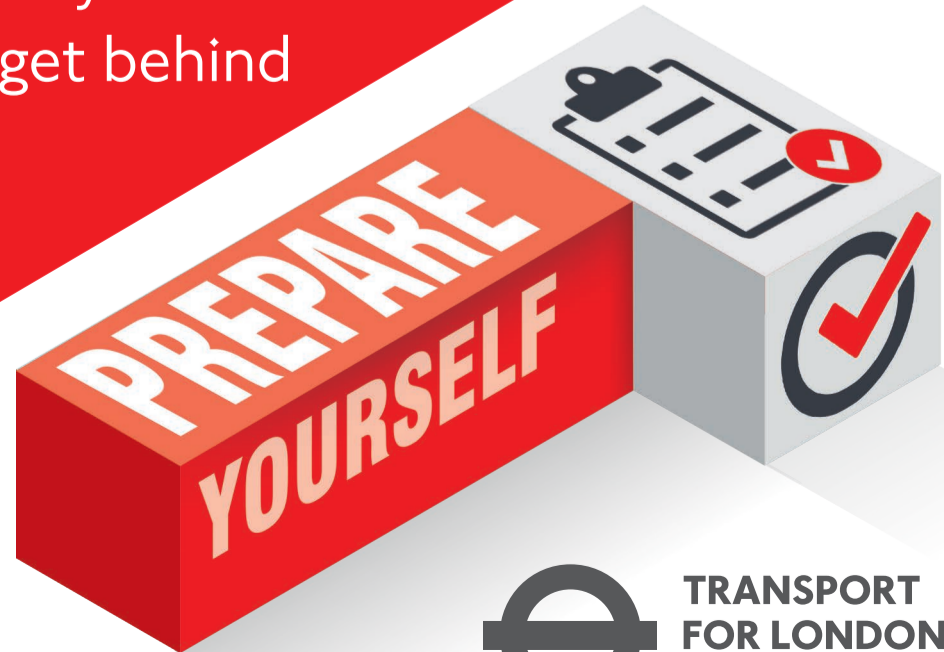


Prepare yourself

Get your mind in gear



To be safe on the road you must be alert, focused and in the right frame of mind to drive. Make sure you're fit to drive before you get behind the wheel.

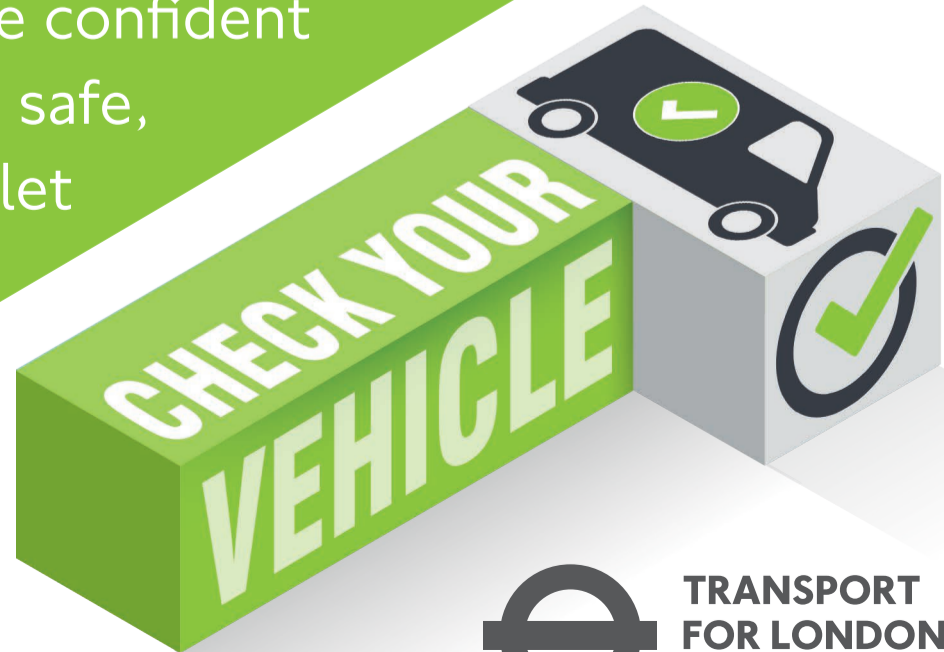




Check your vehicle

Daily check-up

A damaged brake light could cost you much more than a few pounds in repairs. Make the standard van checks part of your daily routine and you can be confident that your vehicle is safe, legal and won't let you down.

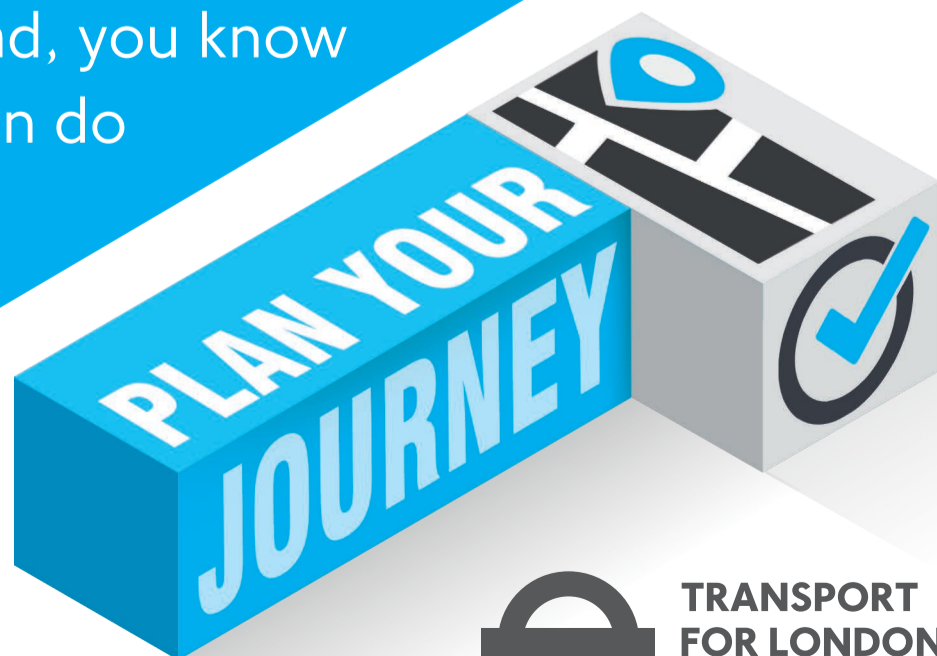




Plan your journey

Head in the right direction

A few minutes planning can save more than just time. You can reduce your fuel consumption and your stress levels by using more efficient routes. By thinking and looking ahead, you know more and can do more.



Stick to the basics

Follow the rules

Sticking to the driving basics is the simplest way to stay safe. From wearing your seat belt to watching your speed, following the rules is the sensible way to stay safe.

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B **C**

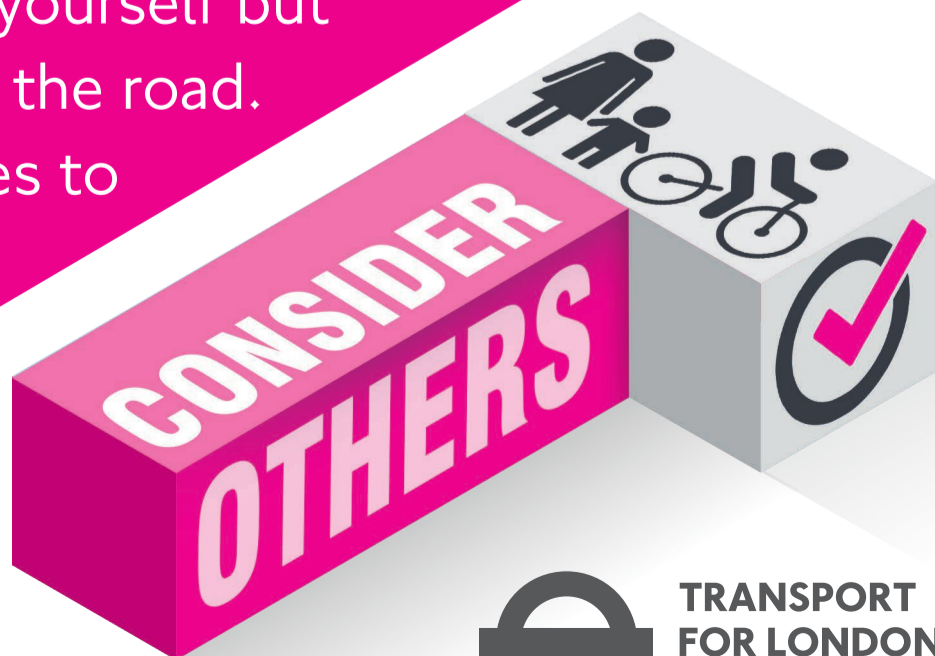
STICK TO THE BASICS



Consider others

Eyes out for others

The choices you make when you are behind the wheel can change lives. By driving professionally, you protect not only yourself but everyone else on the road. Everyone deserves to get home safely.





Act professionally Lead by example



You're the professional and have all the skills you need to stay safe and protect others. Keeping your distance - and your cool - makes for a safer, more positive driving environment. Show respect for yourself, the road and the rules.

