A picture containing diagram

Description automatically generatedAlertness Facts List

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| 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 |