



DRIVING SAFELY



Did you know?

- Tailgating is a factor in 1 in 8 casualties on England's motorways and major A roads.
- Lane hogging disrupts traffic flow and can be dangerous, causing congestion and increasing the risk of a collision.
- Lane hogging and tailgating both fall under the offence of careless driving with police officers having the power to hand out on-the-spot fines of £100 and three penalty points.

The 'Fatal 5' behaviours

Careless driving

Careless driving is when your driving falls below that of a careful and competent driver.



Drink and drug driving

Drink and drug driving is illegal and puts lives at risk. If caught you will face a minimum 12 month driving ban and could lose your job.

Distracted driving

Even on a handsfree call, your reaction time will increase by 30%.

Speeding

The speed limit is a limit not a target. The safe speed may be lower.



Seat belts

You are twice as likely to die in a car crash if you are not wearing a seat belt correctly.

Tailgating

Maintaining a safe distance between your vehicle and the one in front is essential to ensure adequate reaction and braking time should they suddenly stop.

Remember the two-second rule to ensure you have adequate space between you and the vehicle in front.

Choose a static object ahead, such as a bridge, tree or road sign. When the vehicle ahead passes the object, say to yourself, '*only a fool breaks the two-second rule.*' If you reach the object before you finish saying it, you're too close and need to drop back. In poor weather, or when towing, increase to four seconds.



Reacting negatively to tailgaters can put you at further risk, so stay calm.

Drive normally: Don't let them negatively influence your own driving.

Allow them to overtake: Keep a steady speed so they may overtake, or pull over where safe and legal to do so.

Clearly signal: Ensure the tailgater has a clear idea of your intentions.

Keep left: Keep in the left-hand lane unless overtaking.

Don't speed up: This may encourage the tailgater to speed up behind you.

Don't slow down: Don't irritate them or tap the brakes as this can trigger road rage and cause more dangerous scenarios to arise.

Don't stare in the mirror: You will lose focus on what's in front of you.

Lane hogging

Lane hogging is when motorists remain in a middle lane longer than necessary and is illegal. The middle and outside lanes are for overtaking or providing more space for those who've stopped on the hard shoulder.

The Highway Code is essential reading for everyone. It's updated regularly, so it's important that everyone reads it - not just learner drivers:

<https://www.gov.uk/guidance/the-highway-code>

National Highways offers information and educational videos around driving on motorways on their website:

<https://nationalhighways.co.uk/road-safety/driving-on-motorways>