

## Guidelines to help reduce your risk on the road

Clear your mind of personal or work problems before driving. The problems will still be there later – so make sure that you are!

What if? Focus on the drive ahead and its hazards – be aware that an unexpected hazard could crop up at any moment – *if you are not concentrating it could be fatal!*

Remember that you have a *responsibility as a driver* to look out for vulnerable road users (pedestrians, cyclists, motorcyclists and horse-riders) that all require your full attention. Scan from pavement to pavement.

Predict and accept things that annoy or irritate you on the road. Make a firm decision *not to let them wind you up*. Be the better person!

Avoid people and situations that cause you stress before driving or taking your test.

Calm, controlled breathing can help to release muscular tension and relieve stress. Practice a sequence of deep breathing to calm your mind in stressful situations.

Ensure the driver's seat, mirrors, and steering column are correctly adjusted for you.

Drive at an appropriate speed within the speed limit – driving aggressively, speeding and unnecessary overtaking is unlikely to get you there much faster, and could prevent you from passing your test, or arriving at all!

### Pass your test first time! **KEEP TO REMIND YOU**

Arrange the time off to take your test well in advance of the test date.

Don't tell the whole world when you are taking your test. It is an added pressure that you can do without. Don't plan any trips until the Pass Certificate is in your hand!

Get a good night's sleep before your test. A fresh mind will concentrate your attention on the task ahead. Accept that you will be nervous and focus on your drive.

Don't go hungry – hunger can affect your concentration. Follow your regular routine.

Plan an 'unhurried' drive. Rushing will only increase anxiety and the likelihood of an accident. A calm, eco-safe drive will leave you relaxed and satisfied with your drive.

Finally, take a deep breath and remember the reasons that made you want to learn to drive. Then, remind yourself that with the professional training you have received you are ready to pass your test, and join the millions that have passed before you.

*William Peter Blight*  
DSA ADI



**KEEP TO REMIND YOU**