

Drivers Safety Guide



Safety Considerations With Your Vehicle

1. Standard Driving Practices

In line with recent Australian and overseas research it is recommended the following standard driving practices are used:

- A minimum of two seconds gap is allowed between you and the vehicle in front
- Drivers behave defensively rather than aggressively
- Any defect of the motor vehicle that affects the safety of the driver or other road users is rectified as soon as practicable.
- Vigilance reduction activities (as below) are reduced to a minimum while the vehicle is in motion
 - Eating and drinking
 - Talking with eye contact to passengers
 - Reading maps / diaries / phones

2. Mobile Phones

- The use of hands free mobile phones should be kept to a minimum when driving.
- If you have to receive calls in the vehicle, you should use a hands free vehicle kit if fitted or Bluetooth, if fitted, or an earpiece or loudspeaker functions.
- Do not use the hand held phone while driving a vehicle. The hand held use of a mobile phone while driving is a recognized safety risk, and is against the law in most states.
- Drivers should use drive stops and breaks to check messages and return any necessary calls.
- Switch off the phone when at a service station, because of the risk of creating a spark.



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3. Travelling Time

- It is recognized that one of the greatest risks is to drive extended periods of time, especially in country areas.
- It is recommended that driving hours in any 24 hours period should not exceed eight hours
- Duration of driving without a ten-minute break should not exceed two hours.
- Try and avoid driving between 11pm and 4am where possible.
- Drivers should not attempt to drive while fatigued and should stop if they feel sleepy.
- After a period of eight hours actual working time is completed, total travelling time on that day should not exceed four hours.

4. Drugs and Alcohol

- Drivers must not drive while over the legal limit of alcohol or under the influence of illicit drugs. Also, drivers should be aware that many medications could cause drowsiness and alter perception of distance and driving judgment.

The effect of prescribed medication should be discussed with your doctor; over the counter medication effects are normally described on the package.

